

**THE MELWOOD  
COOK BOOK**



# The Melwood Cook Book

Being a Collection of Tried Recipes,  
the Offering to the

Woman's Club of Melwood District

By the Different Members  
of That Club

---

This book is compiled and published as a means of raising money with which to build a club house, in order that the aims and purposes of this club shall be the more fully realized . . . for when we shall have a place of meeting, to which we shall feel free to invite others of like aim, we may find in the free discussion of existing conditions, a solution that shall result in the bettering of ourselves, our homes, and our neighborhood, known as it is, as a "Pretty fine place to live in."

## INDEX

Beverages	92
Bread	94
Cakes	66
Candy	102
Eggs	14
Fish	8
Ice Cream	59
Introduction	3
Meats	19
Meat Substitutes	17
Pickles	86
Pies	60
Preserves	84
Puddings	48
Salads	42
Soup	5
Vegetables	35



## INTRODUCTION

When all has been said, there remains—the personal equation. This is more than usually evident in matters relating to the following of recipes. Take any given formula, for making anything from cake to the way to cook tripe—they will vary with each person's interpretation. This is in its way a deep truth, and shows us that in the things of our every-day life, we are under the same true laws of epigenesis, as when we are seeking the heights of philosophy.

If we begin the actual making of a cake, for instance, we begin with creaming the butter and sugar together. How shall you know how long I meant they shall be creamed together? . . . If we are told to "beat the eggs separately," how shall we know how long our arms can stand the tiring beating? Of course, it is easier to beat the eggs in a bowl, and add to the creamed sugar and butter, but we each of us have an opinion on this—and all other matters—and we proceed to round out our lives according to the little plan that we have ourselves evolved.

We are all of us familiar with the fame of the Bread "Mother used to make." Behind that bit of intended pleasantry was a truth . . . the remembrance of the happy days of childhood. Have we not each one of us at some time, found on revisiting the scenes of our childhood that the doors were not the great doors we had always thought of them as being. They were indeed quite ordinary doors and the furniture in the best room, the parlor, was not



really as handsome as our own furniture in our new home—our own home, where the babies were taught “not to touch”—but we had to go back to our childhood’s home to find that out! Our memory had not told us—we had insisted on the excellence of Mother’s bread—had given voice to our conviction of its supreme quality, but . . . The memory is something of a mirage at times. The **bread** is the thing, and dear as Mother was and may yet be, still we must be glad there is now another Mother in the new home, who is trying to learn to make bread. She, too, will put in her bread the love she feels for the babies and for the man who is after all said to the contrary, the head of the family. And it is this personal equation of LOVE that makes the bread made in the home, for the loved ones, so much better than other bread. It is this same personal interpretation of a recipe that makes one person succeed in a special kind of cake and perhaps another will succeed at something else. As our distinguished Admiral Schley said in a certain controversy—“There is glory enough for all.”

This little book goes out to the many who love good cooking, good fellowship, and a cheerful heart, for it is sent out by just those qualities. The women who are sending this book, are earnest-minded, cheerful, genial women, who are giving their favorite recipes to their club. The money to be received by the sale of this book is for the purpose of building a modest club house. Not grand and showy, not raised to attract to itself criticism of any sort, but that under its kindly shelter, women may meet to discuss ways in which women may be a help and an inspiration to all who may come within their lives.



## SOUP

### Chicken Gumbo—Mrs. Percy Duvall

Joint a chicken, wash, clean and leave it for twenty minutes in salt and water. Cut a generous slice of ham in small bits and put in the bottom of a soup pot. Add to this three onions sliced thin or cut into bits, and a couple of stalks of celery chopped fine. Lay the chicken on this and cook slowly for fifteen minutes. Add next, three pints of boiling water and a half can of tomatoes or if you have fresh tomatoes, half a dozen should be peeled and the cores removed, before adding. Then at least one quart of okra washed and sliced. Push on the back of the range, and allow this to simmer for at least two hours. At the end of that time season well with pepper and salt and add a handful of shrimps, or a cupful of fine crab meat. This gumbo should be served with boiled rice. If desired as a soup, two quarts of water or more, may be put on the chicken in the beginning, or a plain chicken soup may be made and a pint or so of tomato, and a pint of sliced okra be added a half hour before it is served.

### Corn Soup—Mrs. Percy Duvall

Grate six large ears of fresh corn. Put one quart of good rich milk in a sauce pan, add the corn, juice of one good sized onion, some salt and pepper. Let it boil for five or six minutes and add one spoonful of flour rubbed in one tablespoonful of butter. As soon as this is cooked, serve the soup.



**Vegetable Soup—Mrs. Percy Duvall**

Clean the following vegetables: one stalk of celery, including the leaves; two turnips, two carrots, two or three onions, a small head of cabbage shredded, four or five white potatoes, diced. A can of tomatoes, or a dozen fresh ones. Boil slowly for an hour, in a covered pot, adding a quart and a half of water, or if you have plenty of milk, use half water and half milk. In the summer time the addition of corn and lima beans is an improvement. When the vegetables are thoroughly cooked, add a heaping tablespoon of butter and the same amount of flour rubbed together, and a cupful of grated cheese just before serving. If the cheese is added while the soup is on the fire there is great danger of the soup burning.

**Cream of Tomato Soup—Mrs. Percy Duvall**

One quart can of tomatoes put through the vegetable press, two onions chopped fine, a bunch of celery leaves, which should be removed as soon as the strength is boiled out of them, and a small bay leaf. Allow this to boil briskly for ten minutes, remove from the fire and strain through a sieve fine enough to retain all the seeds. Return to the fire, add a generous piece of butter, salt and pepper, also about a half teaspoonful of baking soda. Under no circumstances should this soda be omitted. In a separate saucepan bring a pint of rich milk to the boiling point. Add this to the boiling tomato. Season again with salt and pepper, if need be, and add one half cupful of grated cheese just before sending to the table.



**Cream of Potato Soup—Mrs. J. Dom Bowling**

Pare three or four good sized potatoes, and cut in small pieces. Drop in enough boiling salted water to cover, and cook quickly. When well done, drain the water off and mash the potatoes, and add to a pint of hot milk, in which a whole onion has been boiled and removed. Season with a salt-spoonful each of celery-salt and paprika. Thicken with one tablespoonful of butter rubbed in a table-spoonful of flour. Let it boil up, strain and serve.

**Oyster Soup—Mrs. Percy Duvall**

Drain a quart of fine oysters. Place the oyster liquor on the fire to boil. In another vessel place the oysters to scald. Do not allow them to cook longer than is necessary to curl the edges, but keep them where they will remain hot. When the liquor has been boiled and skimmed add it to the oysters. Shave an entire stalk of celery, and one onion, add a tablespoonful of butter and a pint of boiling water and cook until the vegetables are done when add to the oysters. Bring a quart of rich milk to the boiling point and thicken with a tablespoonful of flour rubbed in the same amount of butter. Pour in the tureen with the oysters and add a full table-spoonful of grated cheese just before placing on the table. Be sure to season well with salt and pepper.

**Onion Soup—Mrs. Percy Duvall**

Cut in slices eight good large onions. Brown in two tablespoonfuls butter, being careful not to allow the onions to get more than a golden brown.



Cover with one quart of water and boil for one-half hour on the back of the stove. Strain. Return to the soup pot, and add  $\frac{1}{2}$  pint of cream or rich milk. Season with salt and pepper.

Serve with croutons or toast, on which has been spread grated cheese, and then browned in the oven. After taking from the oven, cut in very narrow strips. Place two or three of these strips in each plate and pour the hot soup over it.

Onion soup should be served in what is called a "petite marmite," or an earthen pot, as it keeps the soup hot. In many places the soup is served in these little pots, in which it is also cooked.

## FISH

### Yacht Club Fish—Miss Anna Brooke

- 2 lbs. fish (boiled and flaked)
- $\frac{1}{2}$  lb. butter
- 1 pt. milk
- 1 tablespoon flour
- 4 eggs (yolks only)
- cayenne pepper and salt to taste

Rub butter and flour together then add the pint of hot milk. When well mixed put on the fire and allow them to come to a boil, take off and add the eggs, stirring them in one at a time, then add pepper and salt. Put a layer of sauce and one of fish alternately in a baking pan always having sauce on the bottom and on top. Cover with bread-crumbs and bake twenty minutes.



### **Fried Oysters—Mrs. Percy Duvall**

Have the oysters as dry as possible. Mix salt and pepper with fine bread crumbs. Dip the oysters in the bread crumbs, but don't try to pack the crumbs on the oysters, simply cover the oyster with the crumbs so that it is entirely covered. Drop into boiling hot fat. As soon as the oyster is fried to a golden brown, turn it carefully; then when it is browned on both sides remove and leave it for a minute on a piece of clean brown paper or a colander. Serve on a hot dish and garnish the plate with fresh parsley. Never roll two oysters together, and never use cracker crumbs, if you want the best result it is possible to obtain. In serving fried oysters, place a spoonful of well seasoned tomato sauce or a little pepper relish on the side of the plate.

### **Oyster Fritters—Mrs. Percy Duvall**

Drain a quart of oysters of all juice. Add two eggs that have been only slightly beaten. Season with pepper and salt, being sure to have the seasoning sufficient. Sift a cupful of flour and two heaping teaspoonfuls of baking powder over the oysters and eggs; mix until the flour is blended with the oysters, taking care not to break the oysters. Have hot fat ready, and do not try to fry in only a little fat. There should be at least a half inch of boiling fat in the pan. The best way to be certain the fat is hot enough is to drop a little of the batter in the fat and see if it rises quickly to the top of the fat. If it stays at the bottom of the pan, the fat isn't hot enough. As soon as the fritter



is a fine brown remove to a dish or pan that can be kept in a hot oven, and keep them in the oven until you are ready to send to the table. These fritters are best when served with tomato sauce.

### **Oysters Saute—Mrs. Percy Duvall**

Drain a quart of fresh oysters very dry. Season with salt and pepper, and allow them to drain again. Fry a dozen very thin slices of bacon in a saute pan and when the bacon is crisp remove it. Turn the oysters in this hot fat and with a silver fork keep them moving until they are cooked sufficiently. Sprinkle a little chopped parsley over the top before sending them to the table.

### **Devilled Oysters—Mrs. Percy Duvall**

On the bottom of a baking dish strew bits of bacon that have been fried to a crisp. On this lay oysters that have been drained dry and then seasoned well with salt and pepper. Over this strew bread crumbs, then begin again with the bits of browned bacon, then the oysters and bread crumbs, until the dish has become full. On the top put a thicker layer of bread crumbs and pour thick cream over this until the cream shall show at the sides of the dish. Dot the top with little pieces of butter and bake in a hot oven for half an hour. If it is impossible to get cream make a cream sauce, following the recipe for same in this book, as a substitute for the cream.



### **Boiled Fish—Mrs. Percy Duvall**

Use a fish boiler if possible. If this is not possible, use a vessel that is long enough to allow the fish to lie flat on the bottom of the pan. Add two onions, a bay leaf, and a small pinch of thyme, some salt and pepper and enough water to half cover the fish. Cover tightly and let the fish boil fifteen or twenty minutes—this is enough time for a medium sized fish. A good plan is to lay a strip of muslin in the bottom of the pan, then when the fish is boiled the ends of this piece may be lifted and the tender cooked fish removed without breaking. Of course if it is boiled in a fish boiler, the tray will be easily lifted.

The boiled fish should be served on a hot dish with a sauce poured over it, into which hard boiled eggs should be strewed. The water in which the fish is boiled may be reduced to a cupful by further boiling, and a half cup of cream or rich milk added. Thicken with a tablespoonful of butter rubbed into a heaping tablespoonful of flour. Strain, add the hard boiled eggs, some chopped parsley, and after pouring the sauce over the fish dust with paprika.

### **Halibut—Mrs. Percy Duvall**

Use a casserole large enough to admit the fish, except when a "cutlet" is used, when it should be cooked another way.

Add a small onion, pepper and salt, two tiny pieces of bay leaf and a half cup of water. A small piece of ham boiled with halibut is a great improvement. When the fish is cooked, remove the onion and bay leaf from the water. Smooth



together a tablespoonful of butter and one of flour, and thicken the broth. Serve in the dish in which it has been boiled.

### **Halibut Steak—Mrs. Percy Duvall**

Wipe each steak dry. Dip in beaten egg, then in flour which has been mixed with salt and pepper in just the same way flour is prepared for fried chicken. Lay in a pan in which hot bacon fat is at least a quarter of an inch deep and very hot. When the fish is brown, remove to a hot plate. Arrange rich tomato sauce around the brown fish.

### **Clam Chowder—Mrs. Percy Duvall**

In a two quarte casserole or earthenware stew-pot place half a dozen slices of the best bacon cut in small pieces,

3 onions sliced very thin,

1 bay leaf,

2 dozen clams that have been opened by placing in a hot oven until the shells have opened. There will be considerable juice in the pan when they are taken from the oven this should be poured in the casserole.

1 pint of raw white potatoes, cut in dice.

1 stalk of celery.

Allow this to cook slowly until the potatoes are thoroughly done. Add one and a half pints of rich milk. Thicken with a tablespoonful of butter, rubbed in a tablespoonful of flour. If desired crackers may be broken in the chowder before it is brought to the table.



**Oyster Loaf—Mrs. Percy Duvall**

Select a loaf of bread that is crusty all over. If a loaf of Vienna bread is used, avoid cutting too large a slice off the top. Dig all the crumb out of the inside of the loaf, leaving a wall of crust about three quarters of an inch thick. Butter this outside and inside. Drain a quart and a half of fresh oysters. Place the liquor in a white saucepan and bring to a boil. In a second pan, a saute pan, or even a frying pan, place some bits of cold ham or slices of bacon which have been cut in small pieces, some thin slices of onion and an entire stalk of celery that has been washed carefully and cut in very thin slices, so that it will cook quickly. As soon as the onions are yellow add the broth and cook all until the celery is cooked, which will be only a few minutes. Add the oysters and boil for a couple of minutes. With a skimmer remove the oysters and thicken the broth with flour until it is as thick as very thick cream. It is impossible to give exact measurements as some oysters are more dry than others. Place the drained oysters in the loaf and pour the gravy over them. Replace the slice cut from the top of the loaf and butter that, pouring any gravy over this top, too. Bake for half an hour taking care it doesn't burn.

**Creamed Oysters—Mrs. Percy Duvall**

Make a cupful of rich cream sauce, made of a cupful of cream, one heaping tablespoonful of flour and one of butter creamed together, and smoothed in the boiling cream. Stir till it thickens then pour over a quart of oysters that have been drained dry



and seasoned and drained a second time. Bake in the oven for ten minutes and send to the table straight from the oven. This also is the way to prepare oysters for patties or for oyster pie.

### **Crab Croquettes—Mrs. Percy Duvall**

For a quart of crab make a cupful of very thick cream sauce by adding two heaping tablespoonfuls of flour and a heaping tablespoonful of butter blended together to a cupful of boiling milk or cream. Season well, adding a little grated nutmeg to the sauce. Be sure to have the crab meat well seasoned, too, for the secret of success in these croquettes is the seasoning. Mix all together and drop a spoonful in finely grated bread crumbs then in boiling lard where it is turned over as quickly as it may be in order to brown the entire surface to prevent the fat from soaking into the croquette. Serve very hot with a little chopped relish on the side of the plate.

## **EGGS**

### **Omelet—Miss MacGregor**

6 eggs  
1 cup milk  
1 tablespoonful flour  
salt

Beat whites of eggs to a stiff froth; stir flour, milk and yolks together, put all together and cook in a hot spider immediately.



**Eggs au Fromage—Mrs. Percy Duvall**

- 1 tablespoonful bacon fat
- 1 tablespoonful grated American cheese
- 1 tablespoonful minced green pepper

Season highly with salt and pepper

When this is boiling hot—or frying hot—drop in a fresh egg and place for a minute in the oven.

This should be served in individual casserole or ramekin.

**Egg Balls—Mrs. Percy Duvall**

Cream hard-boiled eggs with butter, season with red pepper, celery-salt, and a drop or two of Worcestershire sauce. Form into balls and roll in crumbs of pastry that have previously been browned in the oven and are crisp and fresh. These are fine for supper, after a dance, when many are forbidden to eat chicken, as often happens.

A variation is to add to the creamed eggs an equal part of mashed fish and a teaspoonful of minced parsley. This should also be rolled in the pastry crumbs, and placed not too close together on a plate and set aside until the time they will be needed.

**Eggs with Anchovy Sauce—Mrs. Percy Duvall**

Hard-boiled eggs, cut neatly in half, served cold with the following sauce: 2 teaspoonfuls anchovy paste beaten in half a cupful cream—thick cream, a bit sour, is best. Season highly with red pepper and paprika. It may need a very little salt, but the



anchovy paste is so salt it is best to taste before adding salt.

Garnish with celery cut in thin rounds across the entire head of celery, and capers or tiny bits of pimento.

### Eggs with Tomato Sauce—Mrs. Percy Duvall

In a casserole or an iron frying pan place:

- 1 tablespoonful of olive oil, or butter, or bacon fat
- 3 onions sliced very thin
- 2 green peppers
- 1 stalk celery, or 1/3 teaspoonful celery seed, if celery is not possible
- 1 cup minced ham, or if sausage is in season, use two cakes of sausage
- 1 quart of tomatoes, peeled and cut in pieces, or one can of tomatoes
- 3 cloves of garlic
- a bay leaf
- 1/2 teaspoonful soda

Boil steadily for half an hour, but not over the hottest part of the fire. When the onion is cooked, and there is an appreciable thickening of the sauce, remove from the fire and add the soda, and salt and pepper. Pour in an oval baking dish and drop in it at regular spaces as many eggs as there are persons to be served. Or use individual casseroles, putting two tablespoonfuls of the sauce in the casserole then dropping an egg in the center and placing it in the oven for three minutes.

The largest dish, with the number of eggs, must be in the oven three minutes also and the sauce must be hot when the eggs are dropped in it.



## MEAT SUBSTITUTES

### Deviled Chestnuts—Mrs. Elizabeth Corey

- 2 cups boiled chestnuts
- $\frac{1}{2}$  pt. cream
- 2 tablespoons flour
- 2 tablespoons butter
- 1 tablespoon salt
- 1 tablespoon chopped parsley
- 4 hard-boiled eggs (yolks only)

Rub the butter and flour together add to the cream, cook until sauce thickens, add seasoning, parsley, chestnuts and minced egg yolks. Put mixture in a baking dish and bake thirty minutes. Garnish with peppers and the whites of the hard-boiled eggs.

### Nut Croquettes—Mrs. Elizabeth Corey

- 1 cup mashed potatoes
- 1 cup black walnut meats ground fine
- 1 teaspoon onion juice
- 1 teaspoon salt
- a grating of nutmeg
- 2 egg yolks
- 1 tablespoon chopped parsley
- 2 tablespoons butter
- a dish of cayenne

Beat the yolks light, add to potatoes and ground nut meats. Then add other ingredients, mix and turn into a saucepan. Stir over the fire until the mixture leaves the sides of the pan. Cool and form into cylinders, roll first in egg and then in bread crumbs. Fry in boiling fat. This quantity makes twelve croquettes.



**Scalloped Mushrooms—Mrs. Elizabeth Corey**

- 2 cups mushrooms
- 2 tablespoons cream
- 3 tablespoons flour
- $\frac{1}{2}$  teaspoon chopped parsley
- 1 teaspoon lemon juice
- $\frac{1}{4}$  teaspoon salt
- a dash paprika
- 1 cup milk
- 1 egg

Peel the mushrooms and break them into pieces, saute in hot butter three or four minutes, and add flour and parsley to the mushrooms, stir until flour is absorbed by the butter, then add one cup of milk. Simmer for ten minutes, add lemon juice and paprika and salt, remove from fire, beat yolk of egg with cream and stir into the mixture. Fill scooped-out tomatoes or green peppers with the mixture and sprinkle buttered crumbs over the top, set in oven long enough to brown the crumbs.

**Cheese Souffle—Mrs. Elizabeth Corey**

- 2 tablespoons butter
- 2 tablespoons flour
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon soda
- $\frac{1}{4}$  teaspoon paprika
- $\frac{1}{2}$  cup tomato puree
- 1 cup grated cheese
- 3 eggs

Make a sauce of the butter, flour, salt, soda, paprika and tomato. Cook for five minutes, then



add grated cheese and the yolks of the eggs, then fold in the whites of the eggs beaten dry. Bake in a moderate oven twenty-five minutes. This dish is easily served when baked in individual ramekins. If so served allow ten minutes for baking.

### **Welsh Rarebit—Mrs. Elizabeth Corey**

Make a cream sauce with one quart of milk, two tablespoons flour and two tablespoons butter. Season to taste and add a dash of red pepper, then stir into the sauce one cup of cheese and keep stirring until the cheese is melted. Add the beaten yolks of an egg and cook one minute. Just before serving fold in the beaten white of the egg.

## **MEATS**

### **Deviled Chicken—Mrs. Percy Duvall**

Boil a chicken until tender and thoroughly cooked. Remove all the skin and bones, and chop not too fine, using a sharp knife, so that the flesh will not be torn. Thicken the gravy twice as thick as ordinary gravy would be, indeed this must be very thick to hold the meat in shape. Season very highly, using paprika, one-half teaspoonful prepared mustard, and one-half teaspoonful Worcestershire sauce, and plenty of pepper and salt. Heap on patty shells, or ramequins, sprinkle crumbs over the top and brown in a hot oven, sending to the table very hot.



**Fried Chicken—Mrs. Percy Duvall**

It has been said that there are as many ways to fry chicken as there are ways to make a mint julep. Be that as it may, this is the way chicken is fried at the Dower House.

The chicken should be killed not over two hours before it is to be eaten. As soon as it is picked and drawn cut it in pieces suitable for frying. Lay it in cold water, in which is a good handful of salt. This draws all the heat out of the flesh, leaving it tender and with a delicious flavor. Wipe dry and dip in a plate in which salt, pepper, and flour have been mixed. Lay in hot fat, preferably bacon fat. A flaky crust almost directly forms owing to the albumen on the freshly killed flesh having been brought out by lying in the salted cold water. This crust prevents the grease from soaking into the meat of the chicken. When a fine brown crust has formed, turn the pieces over and brown the other side. When it is all the same brown, lift out of the pan, place on a pie plate, or shallow pan, and keep warm until all the chicken is fried. Now put all the fried chicken in the frying pan, from which the grease has been poured, but not washed, and pour over the fried chicken about a quarter of a cup of boiling water, NOT any more. The top of the pan is now placed over this. IT MUST BE A TIGHT FITTING TOP. Pull the pan to one side of the range and leave it there for a half hour, or even longer if necessary. It will be tender, juicy and of remarkable flavor.

When the chicken is inclined to be tough, allow it to remain an hour in this steaming pan. Should you have fried chicken left over from a meal and



wish to heat it, you can have it more nearly like freshly fried chicken by placing it in a covered frying pan and pouring the least bit of water over it than by trying any other way. Fried chicken, however, must be freshly fried. The flavor is never the same when it has been allowed to become cool.

### **Chicken en Casserole—Mrs. Percy Duvall**

This requires an earthen casserole.

Cut in dice

- 1 generous slice of ham
- 2 or 3 onions
- 2 cloves of garlic
- a stalk of celery
- 2 green peppers
- 1 can of mushrooms or a half pound of fresh mushrooms
- 1/2 cup fine raisins
- a small piece of the paring of a lemon
- 1 fine chicken, about three pounds is about right

Joint the chicken as for frying and lay it on the top of all the other ingredients in the casserole. Pour over all not more than a cupful of hot water or stock. Cover tightly and allow it to cook slowly for at least an hour and a half longer, if the chicken is at all tough. Season with salt and pepper when nearly done. There will be very little gravy.

### **Turkey Stuffed with Oysters—Mrs. Percy Duvall**

Drain two quarts of finest oysters absolutely dry. Place liquor in aluminum vessel. As soon as it boils, skim and stand aside for later use. In a large saute or frying pan put:



- 2 tablespoonfuls olive oil
- $\frac{1}{2}$  cup butter
- 2 large onions sliced thin
- 1 head celery, cleaned and chopped
- 1 sprig parsley
- 1 can mushrooms, drained and chopped
- 1 cupful minced boiled ham, or two good sized cakes of sausage, chopped

Cover and allow to cook 20 minutes. At the end of this time, add the oyster liquor and as soon as boiling point is reached drop in the oysters a few at a time, so as not to lower the temperature too suddenly. Prepare either stale biscuits or a large loaf of baker's bread may be cut in slices and browned in the oven if biscuits are not to be had. Break into small bits. Season highly the oyster mixture with pepper and salt. Pour over the bread, or biscuits, mixing or stirring all the time. Great care must be taken that the oysters are not cooked. They should be hot, not cooked, before they are taken from the fire.

The turkey must be previously cleaned and dusted inside and out with salt and pepper. When it is stuffed it should be placed in the pan breast DOWN and flour strewed over the flesh thickly, to prevent the flesh burning. It should be basted often, and after the back is cooked, with great care, using a long tined fork and large spoon, turn the bird over in the pan. The breast should now be covered with flour, and the basting should be more frequent. Add boiling water to the pan should the gravy be in danger of becoming too dry. When the flesh shall begin to draw away from the end of the leg, or "drumstick," it is nearly done. When a long tined fork thrust in the fleshy part



of the thigh shall not be followed by a watery ooze of pinkish color, the turkey is quite cooked.

### **Mince Meat—Mrs. Fred Binger**

- 6 lbs. beef, cooked in very little water,  
and chopped fine
- 3 lbs. suet, shredded very fine
- 4 lbs. raisins
- 4 lbs. currants
- 1 lb. citron
- 4 qts. apples, chopped
- 2 oz. cinnamon
- 1 oz. ginger
- 1 oz. cloves
- 4 nutmegs
- 2 lemons, rinds grated, and juice strained
- 1 tablespoonful salt
- 1 teaspoonful pepper
- 2 lbs. sugar
- 1 qt. vinegar
- 1 qt. molasses
- 2 qts. grape juice

Mix all together, heat thoroughly, and pack in jars.

### **Scrapple—Mrs. Fred Binger**

One or more hog's heads. Clean very well. Cook until very tender, or until the meat will drop from the bones. Chop the meat fine, returning it to the liquor in which it was boiled. Add salt to taste, and thicken with corn meal. Turn into pans. When cold, cut in slices and fry.



### Salisbury Steak—Mrs. Percy Duvall

1 lb. of beef  
1 lb. veal  
1 lb. of fresh pork

These to be chopped fine or run through a meat grinder. When ready to cook the meat add: Two good sized onions, chopped very fine, a sprig of parsley, also chopped fine, and plenty of pepper and salt.

These seasonings should be worked in the meat in the same manner as sausage meat is worked, and then the whole should be shaped in an oblong loaf. Have a dozen slices of bacon browned in an iron frying pan that can fit in the oven. Lay the loaf of meat in the hot bacon fat and allow it to brown. Turn the loaf carefully and put in a hot oven. When it has roasted for an hour, or about an hour, not less, the meat will be cooked and browned, especially if it has been basted several times. Remove from the pan. Lay the slices of bacon over the top and thicken the gravy a little and pour in the dish around the loaf of meat.

### Chicken with Rice—Mrs. Percy Duvall

Joint the chicken and lay in an earthenware casserole. Cut two onions, a small piece of ham, raw or cooked, a stalk of celery or a teaspoonful of celery seed, and a cupful of hot water. Cook slowly until done—well done.

In another vessel boil sufficient rice to serve the family. Rice should be cooked in jumping boiling water, slightly salted, until the grains are



cooked, when the water should be poured off; if there should be any water left, and the top left off the vessel to allow the air to dry the grains. Should the rice be quite dry before the rice is cooked, add boiling water and do not stir the rice and water, instead, shake the vessel until the water has become mixed with the rice. There are no set proportions to tell in the boiling of rice, for some rice needs more water than other kinds.

When the rice and the chicken are both cooked, the rice should be arranged around the edge of the dish by pushing it with a large spoon, taking care not to break it or to dip it out with the spoon, as the tender grains will become pasty with handling. Inside this wall of rice, arrange the chicken. Thicken the gravy with a little flour mixed with cream, or milk, and pour over the chicken, taking much care not to pour it over the rice.

### **Roast Chicken—Mrs. Percy Duvall**

It is not wise to roast a chicken weighing less than three pounds, and the heavier it is the better it will be after it is roasted.

Clean, draw, and salt and pepper it inside and out. Stuff with the following stuffing, return to the pan, dust with salt and pepper and cover with flour. At least a cupful of water should be in the pan, and if the chicken is not a fat one, slices of fat meat, bacon, or pork should be laid over the chicken, which should be placed on the breast when it is first placed in the oven. When it has well browned on its back, it should be turned over and the slices arranged over its breast, unless they are too brown. A piece of butter will do as well,



and should be softened and spread over the breast and allowed to cook at least fifteen minutes before it is again basted. Thrust a sharp fork into the thick part of the thigh, and watch the water that runs out. If it is pinkish the chicken is not cooked, but if colorless and the flesh has withdrawn from the bones of the legs, the chicken is ready to be sent to the table.

### **Stuffing for Chicken or Turkey—Mrs. Percy Duvall**

Enough bread broken into small bits, or biscuits that have been made the day before, to look like twice as much as you will need. You will consider the size of the chicken. A three-pound chicken will need four cupfuls of bread.

Chop two onions fine. Put in a hot frying pan, with a spoonful of butter or bacon fat, or any gravy fat you may have in the house. Olive oil is better than any of these other fats, but I give them thinking they may be handy. While the onions are browning, add a stalk of chopped celery, half cup of chopped ham, and a scant half teaspoonful of "savory," and when all these are in the pan on the fire, add a cupful of boiling water, cover and allow to cook hard for fifteen minutes. Pour over the broken biscuits, or bread, and with a spoon mix so that it is all of the same degree of moistness.

Stuff the chicken or turkey with this, and should there be any left over put it in a small pan and roast at the time the chicken is in the oven. When the chicken is sent to the table, with a spoon neatly serve one-half of the extra stuffing at one side of the fowl, and another at the other side and then



there won't be anyone left without any stuffing. The next day, when the chicken is cold, this dressing is as delicious as the cold chicken.

### Sweetbreads—Mrs. Percy Duvall

When buying sweetbreads, insist on having the best. Cook in enough water to cover, to which add a little salt. When the sweetbreads are cooked, remove the skin that covers them, and they are ready to combine with whatever you have intended to use.

*Sweetbreads and peas* are fine for a luncheon, or as a course.

Drain the peas, fresh or canned, if the latter use the best Belgian peas. They are better than the French peas and are not colored artificially. Place the sweetbreads in a copper pan in which they are to be served. A rich white sauce, or cream sauce is made, and the peas are added to the sauce. The whole is poured over the sweetbreads and fine crumbs over all, just a dusting of the crumbs. Place in the oven just long enough to brown the crumbs. This browning may be omitted if a white dish is desired. In this case sprinkle minced parsley over the dish, and keep in the oven in order to have it hot until the minute to send it to the table.

*Sweetbreads with crabmeat and mushrooms* is a very rich and elaborate dish, but there is nothing more delicious.

- 1 pt. of the best possible crabmeat
- 1 lb. of fresh mushrooms, or two boxes if they are canned



2 sweetbreads, cooked as above

1 pt. of cream

The mushrooms, if fresh, must be cleaned and cooked in butter and a tablespoonful of water until tender. If the canned mushroom is used, use the liquor in the can. Boil these canned mushrooms until there is almost no liquor left in the vessel. In this way the mushrooms are hot. This is the only reason for cooking them.. There must be no stirring after the ingredients are placed in the casserole with the crabmeat, but each ingredient must be HOT when it is added to the others.

Put the cream in the casserole first. As soon as that is hot, add the sweetbreads, cut in dice. Then the mushrooms, disposing them over the sweetbreads evenly. Rub a tablespoonful of flour and fresh butter together and using a silver fork thicken the cream, and at the same time cover the sweetbreads and mushrooms with the sauce. Add salt and pepper as it is being stirred. Lastly, add the crabmeat, which must be dusted with pepper and salt before it is added. Try to keep the pieces of crabmeat as large as possible. The whole should be well dusted with paprika before serving. In the old days a glass of sherry was added to the cream at the last minute.

## Stewed Kidneys—Mrs. Percy Duvall

A fresh kidney may be dark brown or it may be a clear light brown, but be sure it is fresh. Cut away the meat from the gristle and suet, leaving every bit of this center part. Place the pieces of kidney in a casserole, add slices of onion, a few leaves of celery top, and a clove of garlic. Add a



cup and a half of water, cover and leave on the back of the stove for two hours, where it will cook very slowly. When thoroughly cooked, thicken the gravy, adding mushrooms, or a glass of wine if you like, and have the wine in the house.

It is a good thing where there are many to be served to have boiled hominy, either the coarse or fine hominy, boiled, and arranged around the dish and the kidney poured within these walls.

**Squirrels. As cooked at Dower House  
Mrs. Percy Duvall**

Wash and clean three or four squirrels. Place in a deep casserole or stew pot of earthenware. Add two onions and enough water to cover. Cook slowly for two hours, and when the meat is easily slipped from the bones, remove. Strain the bones and meat from the stock, cut the meat into dice and put to one side.

Chop 2 small or 1 medium sized onion

A good slice of boiled ham

1 green pepper

A pinch of thyme, dried. 2 cloves and 2  
allspice, crushed

1 clove of garlic

Place in a pan with a generous spoonful of fresh butter and brown slightly, then pour over the stock and allow to boil slowly for twenty minutes. This ought to reduce the stock to about half. Add the meat, cut in dice, and allow to come to a boil. A glass of sherry is a great improvement, but if it is not to be had, grate a little nutmeg over the dish, season highly with pepper and salt, and chopped hard-boiled egg should be sprinkled over the



top as a garnishing. A thin slice of lemon cut in several pieces, added just as it is served, makes this dish seem like terrapin.

### **Hominy, Bacon and Eggs—Mrs. Fred Binger**

Rinse mould in cold water. Pack in it cold coarse hominy, that is of course already cooked. When this is set, or formed, turn out on a dish that is suitable to put in the oven. Cover the hominy with slices of bacon cut very thin. Bake in the oven until the slices of bacon are crisp. Serve with poached eggs around the base of the hominy.

### **Jellied Chicken—Mrs. Samuel Tayman**

Dress, clean and cut up a fowl, place in a stew-pan with two slices of onion, cover with boiling water and cook slowly until the meat falls from the bones. When half cooked add a tablespoonful salt. Remove the chicken, reduce the stock by further boiling, until it is near two cupfuls. Strain and skim off all fat. Add one tablespoonful of gelatine soaked in four tablespoonfuls water. Decorate a mould with parsley and hard-boiled eggs. Pack in the chicken meat, pour the stock over it, place in a cold place until firm. When served, garnish with lettuce leaves and use mayonnaise dressing.

### **Creamed Chicken—Mrs. J. Dom. Bowling**

1 pint cooked chicken, chopped  
1 tablespoonful butter  
1 tablespoonful flour



- $\frac{1}{2}$  teaspoonful salt
- 1 tablespoonful chopped parsley
- 2 egg yolks
- $\frac{1}{2}$  pint cream or milk

Rub the butter and flour to a cream, place milk or cream in double boiler and when hot add flour and butter. Stir well and cook 3 minutes, add the parsley and chicken. Cook until hot again. Beat yolks with 2 tablespoonfuls cold milk and pour over the chicken. Cook two minutes. Serve in a border of rice or potatoes, beaten to a cream and piled high by putting on the dish by the tablespoonful. It is better to serve this in a dish that may be placed in the oven, for the potato may then be browned slightly before the chicken is poured inside the wall of potato.

### **Sausage and Eggs—Mrs. Percy Duvall**

Crumble a cake of sausage in a small casserole or baking dish or a ramekin. Add to it a little of the gravy in the pan in which the sausage was fried and the juice of an onion. With a spoon push the sausage away from the center of the casserole and drop an egg in the center. Cook in the oven for three minutes. This can be arranged on a large dish to serve a number of persons, but it is one of the few nice individual dishes that may be sent on a tray, when that is necessary.

### **Pigs' Feet. As cooked at Dower House Mrs. Percy Duvall**

Have the pigs' feet cleaned and boiled until very well done. Allow to become cool, or cold, so as to be able to handle better. Remove all bones, except



the smallest ones. Cut the meat into small pieces, about an inch square or so. Cut the skin in smaller sized pieces. In a casserole that may be sent to the table place:

- 1 tablespoonful butter
- 1 onion sliced very thin
- a blade of celery cut in thin slices, or if this is not handy, use a pinch of celery seed
- 1 bay leaf, broken into bits
- 1 tablespoonful Worcestershire sauce
- a wineglass of wine or just plain water
- small bit of the rind of a lemon
- the pigs' feet cut in dice

Cover and allow to simmer for fifteen minutes. Season highly with pepper and salt.

### **Seasoning for Sausage—Mrs. Fred Binger**

- 16 lbs. meat
- 4 tablespoonfuls sage
- 4 tablespoonfuls pepper
- 5 tablespoonfuls salt

Measure and season before putting through the grinder.

### **Veal Collops**

Cut cooked veal in pieces the size of an oyster, dip in egg, roll in crumbs, season with salt and pepper and fry in hot lard.

### **Creamed Ground Beef**

- 1 pint milk
- 3 eggs
- $\frac{1}{4}$  lb. butter
- 2 tablespoonfuls flour, cooked to a sauce. Put in baking dish with meat and brown.



**Sausage Meat—Mrs. R. Irving Bowie**

12 lbs. pork

1 gill salt

$\frac{1}{2}$  gill fine sage

$\frac{1}{2}$  gill of red and black pepper mixed

Wash and dry the meat and after chopping it fine add the ingredients.

**Coquille de Volaille—Miss Anna Brooke**

Prepare chicken as for chicken salad, put one cup of milk to boil with one dessertspoon butter and salt, beat yolks of four eggs with a dessertspoon of butter and teaspoon of flour, when milk is boiling pour over the eggs, stirring all the time. After boiling mushrooms halve them and put them in sauce with the chicken, fill half shells with this, sprinkle bread crumbs on top and place in oven long enough to heat thoroughly.

**Cream Sauce—Mrs. Percy Duvall**

The use of this sauce is without limit. It is used wherever cream is called for, and when cream is impossible to obtain, this sauce is a fair substitute.

Heat a pint of milk to scalding point, but do NOT allow it to boil. Boiling milk is a mistake as the flavor of the milk is entirely changed. Rub a tablespoonful of butter and a tablespoonful of flour together. Stir in the scalding hot milk and when it thickens remove from the fire. It is a wise thing for the cook to look that at least one bubble comes to the top of the milk, as that will show that the flour is COOKED.



There is another way to make Cream Sauce, and this is the way: Place a tablespoonful of butter in a white or aluminum pan and allow it to melt but NOT brown. Stir in the melted butter one tablespoonful of flour. Pour in this the milk which should be heated in another vessel to save time. Stir constantly until a few bubbles show as evidence that the flour is cooked. In making pates the cream sauce must be thicker than ordinarily, more flour being used. This is necessary to bind the chopped meat, or fish, of which the pates are formed.

**Sauce Piquante—Mrs. Percy Duvall**

Chop fine

2 onions  
2 cloves of garlic  
1 spray of parsley  
1 bay leaf

Place in a pan in which is a tablespoonful of butter and brown very lightly before adding half a cupful of water and juice of a lemon. Cook slowly for twenty minutes. Season to taste, take from the fire, add a couple of small cucumber pickles, cut in fine pieces lengthwise, add a quarter cup of good strong vinegar, and pepper and salt to taste. Allow to boil five minutes. Serve with cold meats, or boiled meats, boiled pork tongue.



## VEGETABLES

### String Beans with Sausage and Onions

Mrs. Percy Duvall

Boil in salted water string beans. When tender, drain and set aside. Cook a fairly large cake of fresh sausage in a frying pan until it is well browned. Cook at the same time with the sausage an onion, that should be sliced very thin but not in any way allowed to be too brown or burned. When these are cooked add the string beans and toss them about in the pan so that the sausage and onion are well mixed through the beans. Serve as a vegetable.

### Corn Saute—Mrs. Percy Duvall

Put a generous amount of butter in a saute pan, or a chafing dish. Next shave a fresh, crisp, green sweet pepper. Then add the corn cut from six or eight ears of sweet corn. Season well with salt and pepper and stir the corn through the melted butter and then cover tightly and place where it will cook but NOT BURN. The time necessary to cook corn is not over five minutes, and as soon as the corn has been on the fire five minutes it should be stirred again, and if necessary return for another minute or two. Corn cooked in this way is very delicate and retains the full flavor of the corn.

### Corn, Mushrooms and Green Peppers

Mrs. Percy Duvall

These three vegetables cooked together form a very delightful dish, which may be used either as an entree or as a vegetable. To the corn from six



ears should be added a half pound or less of mushrooms, and two sweet green peppers, which should be shredded. The mushrooms should be fresh, but if canned mushrooms are used they must be cut in thin slices. In cooking these vegetables together a generous amount of good sweet butter should be used, or, if preferred, olive oil and butter may be combined. When the butter is melted, turn the prepared vegetables in the pan, add salt and pepper and stir frequently to prevent any tendency to stick to the pan. Do not cook more than eight minutes, as five minutes is enough to cook the corn and the mushrooms, and the peppers are better not to be quite well done, as there is a bitterness to peppers if they are well cooked. The fresh mushrooms should be cooked ten or more minutes before the corn is added, but if canned mushrooms are used they are already cooked.

### **Egg Plant Stuffed—Mrs. Percy Duvall**

Select a perfect egg plant. Cut off the stem and one of the sides. Scoop out the center. Use this part for the stuffing. Chop it fine and add a half cup of minced ham, one small onion minced, the whole seasoned well with pepper and salt. Add a half cupful of rich milk, and boil for ten minutes or so. Thicken with a spoonful of flour, and return to the shell. Bake in a good steady oven for a half hour.



**Baked Cymblings or Summer Squash**  
**Mrs. Percy Duvall**

Select a large cymbling and cut the top neatly, so there shall be left what may be hollowed out to form a sort of dish. Boil this in a deep vessel till it is almost tender. Remove carefully and allow it to drain. Fill with creamed chicken, cover with bread crumbs and bake until it is a fine brown. This makes a fine entree.

**Baked Potatoes—Mrs. Percy Duvall**

Pare and slice as many potatoes as may be needed for the family, then cover the bottom of a baking dish with the slices of potatoes, over this an onion sliced, and pepper, salt and a tablespoonful of flour. Repeat this order, till the dish is full. Pour over all milk and bake for an hour or more in hot oven.

**Cauliflower—Mrs. Percy Duvall**

Boil the cauliflower till tender. Place in a baking dish and pour over it a cupful of rich cream sauce. Over this sprinkle grated cheese and bread crumbs. Dot the top with butter and bake in a hot oven for a half hour. Be sure to season well the cauliflower and the cream sauce, and the result will repay your attention to this most necessary precaution. Vegetables are rarely well seasoned, and yet this omission is so noticeable that it is always a matter of surprise to thinking persons that the hotels do not correct the omission of salt and pepper, at least.



**Macaroni with Cheese—Mrs. J. Dom. Bowling**

Boil a package of macaroni in salted water or milk until tender. Remove from fire and pour off any water that may remain in the vessel the macaroni was cooked in. Pour half in the baking dish, and cover with cheese chopped or grated, bits of butter, salt, pepper and a few cracker crumbs. Pour the remainder of the macaroni repeating the layer of cheese and seasoning, then over all pour three or four well beaten eggs, mixed with enough milk to cover the macaroni, about a cup and a half. Bake in a moderate oven for a half hour.

**Caramel Sweet Potatoes—Mrs. Wm. Beall**

- 6 medium sized potatoes, pared
- 1 half cup of butter
- 1 cup sugar
- 2 cups boiling water

Place the potatoes, sliced lengthwise, in a flat pan, add butter, sugar and water, and boil until a thick syrup is formed.

**Candied Sweet Potatoes—Mrs. Percy Duvall**

Boil until thoroughly cooked, six or seven large sweet potatoes, not pared. When cooled enough to handle, scrape the skins off and slice the potatoes lengthwise, having the slices about half an inch thick.

Boil a cupful of sugar and a cupful of water in a small saucepan until this syrup is as thick as milk or cream. Pour over the potatoes and grate a little nutmeg over the dish. Drop bits of butter



over the top and bake in the oven until the top potatoes are browned. Serve in the dish the potatoes were baked in.

## **Stuffed Green Peppers—Mrs. Percy Duvall**

Hollow as many fine green peppers as there are persons to be served. Cut off the stem end and with a silver spoon remove the core. Lay in cold water to freshen, while the stuffing is cooked.

This may either be of minced chicken, lamb, or veal, creamed by using the recipe for creamed oysters, and substituting the minced chicken for the oysters.

After filling the peppers with this mixture cover the tops with a thick layer of bread crumbs and a small lump of butter. Arrange in a baking dish in which they may be served, after being well browned in the oven. As the peppers require only a very few minutes to cook, and the filling is already cooked, these peppers should be put in the oven a very few minutes before they are to be carried to the table. A trace of nutmeg in the filling improves it.

## **Baked Corn—Mrs. Wm. Beall**

8 ears of sweet corn  
 $\frac{1}{2}$  cup butter  
1 cup sweet milk  
3 eggs  
1 tablespoonful sugar  
Salt and pepper to taste

Cut the corn from the cob, add the beaten eggs, milk and sugar, melted butter, salt and pepper. Pour in baking dish, and bake until brown.



### **Baked Apples—Mrs. Wm. Beall**

One dozen red apples, remove the core from the blossom end past the seed pod, but not all the way through. Place in a pan with the stem end down. In the hole left by removing the core put:

1/2 teaspoonful cinnamon

1/2 teaspoonful butter

Pour over each apple a quarter of a cup of sugar. Pour in the pan enough water to keep from burning. Cook until a syrup is formed. Remove from the pan, place on a dish with stem end up and pour the syrup over them.

### **Stewed Carrots—Mrs. Wm. Beall**

Scrape 6 medium size carrots. Cut in quarter-inch slices. Place in pan, cover with water and cook until nearly done. Then add 1 cup butter. 1 tablespoonful sugar, salt and pepper to taste. Thicken with a liberal teaspoonful corn starch.

### **Lima Beans and Bacon—Mrs. Fred Binger**

Cook the beans in water as usual, and when done, drain, season with butter, salt and pepper, and cover the beans with thin strips of bacon. Place in a hot oven until the bacon is crisped.

### **Corn Pudding—Mrs. Coffren**

To one can of corn, or one pint of corn pulp cut from the cob, add:

2 eggs well beaten

1/2 cup milk



$\frac{1}{2}$  teaspoonful salt  
a little pepper

Bake in a buttered pudding dish, in a moderate oven, twenty or thirty minutes, until "set" like a custard. Serve hot.

### **Onions Baked with Cheese—Mrs. Percy Duvall**

Boil until tender white onions to serve the family. When cooked, drain and place in a baking dish. Make a cream sauce of milk thickened with flour rubbed in the same amount of butter, which is stirred in the boiling milk. When this sauce is cooked, add to it a cupful of grated cheese—to a sauce that takes two cups of milk—and pour over the onions. Cover the dish with grated cheese and bread crumbs. Dot with butter and bake twenty minutes. Be sure to season the sauce with a liberal amount of salt and pepper.

### **Canned Corn—Mrs. Fred Binger**

9 cups corn  
 $\frac{1}{2}$  cup salt  
 $\frac{1}{2}$  cup sugar  
sufficient water to partly cover

Let cook about ten minutes, put in air-tight jars and seal. Soak in water about two hours before using.



## SALADS

### Hawaiian Fruit Salad—Mrs. Coffren

First lay small leaves of lettuce on the plates on which the salad is to be served. On each leaf lay a slice of pineapple. On the outer edge of this pineapple lay small pieces of banana and peach, grapes; white or Malaga or the pink Tokay grapes are the prettiest. Chop together the hearts of a couple of stalks of celery and some nut kernels which should be scattered over the banana and peaches, leaving room at either side for a spoonful of mayonnaise dressing. In the center of the slice of pineapple drop a spoonful of marshmallow creme, on top of this place a Maraschino cherry.

### Waldorf Salad—Mrs. Stallings

Cut in small pieces apples and stalks of celery, excluding the outer part which may be tough, some walnut or other nut kernels and mix with mayonnaise dressing to which a little whipped cream has been added. Serve on lettuce leaves.

### Potato Salad—Mrs. Fred Binger

Have cold boiled potatoes  
Cold hard boiled eggs  
Lettuce leaves for garnishing  
Celery  
Onion, chopped fine

Cut potatoes in large dice, mix with celery and onion to taste and cover with the following dressing. Cut the hard-boiled eggs and strew over the



top, after the dressing is poured over the potatoes. Season the potatoes with salt while boiling, or when cutting them up.

Dressing:

1 cup sugar  
1 teaspoonful salt  
1 teaspoonful white pepper  
1 teaspoonful dry mustard  
Add 3 well beaten eggs  
1 cup thin cream  
1 cup vinegar

Cook in double boiler until the consistency of thick cream. This dressing is fine for slaw.

### **Boiled Salad Dressing—Mrs. J. Dom. Bowling**

2 eggs  
1 tablespoonful dry mustard  
 $\frac{1}{2}$  teaspoonful salt  
pinch red pepper  
butter size of an egg  
1 pint milk  
 $\frac{1}{2}$  cup vinegar

Boil till thick. This will keep indefinitely in a cool place.

### **Mayonnaise Dressing—Miss MacGregor**

Yolks of 2 eggs  
2 tablespoonfuls sugar  
1 teaspoonful flour  
 $\frac{1}{2}$  teaspoonful dry mustard  
 $\frac{1}{2}$  cup vinegar  
 $\frac{1}{4}$  cup water

Put water and vinegar on the stove to come to



a boil, mix eggs, sugar, mustard and flour to a paste. Add the hot vinegar and water to the paste, return to fire and allow it to boil, adding a teaspoonful of butter. When cold, whip in a half cup of cream.

### **Pineapple Salad—Mrs. J. S. Ridgely**

Take a can of pineapple  
 Ripe oranges, cut in small pieces  
 Some American cheese  
 Mayonnaise dressing  
 As many Maraschino cherries as there are  
 guests

Lay a slice of pineapple, or half a slice is sufficient, on a small salad plate, on this arrange small pieces of orange, a spoonful of mayonnaise dressing over the orange, and a Maraschino cherry on the top of each little mound of salad. With a teaspoon cut tiny balls of the cheese, and allow two to each plate. It may be necessary to shape the balls a bit with the hands, but unless the cheese has stood for some time uncovered, it will be found to be easily moulded.

Nuts improve this salad, and cheese straws served with it are really delicious.

### **Dressing for Slaw—Mrs. R. Irving Bowie**

1 heaping teaspoonful mustard  
 1 teaspoonful salt  
 2 tablespoonfuls butter  
 2 tablespoonfuls sugar  
 yolks of 2 eggs  
 1/2 cup vinegar



Cream all together before adding the vinegar. Put on the fire and stir until thick.

**Fruit Salad—Mrs. J. V. Wyvill, Jr.**

Cut in half and seed 2 pounds Malaga grapes.  
Dice:

2 oranges  
2 large apples  
3 bananas  
1 stalk of celery  
A few pecans

Pour over this when it is arranged, an orange sauce made as follows:

$\frac{1}{2}$  cup sugar  
1 rounded tablespoonful corn starch  
1 tablespoonful lemon juice  
Grated rind, and juice of 1 orange  
 $\frac{3}{4}$  cup of boiling water

If preferred mayonnaise dressing may be used, but so may French dressing. This dressing is a pleasant change from the usual dressings..

**Relish. As served at the Dower House  
Mrs. Percy Duvall**

Chop not too fine, and in quantity to suit the number of persons to be served.

Apples  
Onion  
Celery  
Green pepper  
Tomatoes

And if any of these is an impossibility, substitute any of the following:



Cabbage, when tender

New corn, boiled and cut from the cob

A firm pear

Green peas, previously boiled

Season only when it is to be sent to the table with the following dressing:

1 tablespoonful of French mustard to every

2 tablespoonfuls of olive oil

2 tablespoonfuls of sour cream

Salt and pepper to taste before adding the dressing. There must be five ingredients to this relish, and there must be a generous amount of dressing. There also must be something red and something green in it, as there is a great merit in a *beautiful* appetizer. This relish is served as one of four hors d'oeuvres.

### **Cauliflower Salad—Mrs. Percy Duvall**

Clean and separate a fine large head of cauliflower, taking care to leave the center of the flower without breaking. Boil in salted water and chill.

When serving use lettuce leaves to garnish the dish, and place the cauliflower with the largest piece in the center of the dish.

Make the following dressing, which should be poured over the cauliflower and served on the table. If, however, the salad must be served from the pantry, it may of course be done, but the beauty of it is as a table-served dish.

### **Dressing for Cauliflower Salad**

Chop very fine

1 onion

1 small cucumber pickle



- 1 green pepper
  - the heart of a stalk of celery
  - a few leaves of parsley
  - 1 small tomato or a tablespoonful of canned tomatoes will do if the fresh tomato is impossible
  - 3 tablespoonfuls French mustard
  - $\frac{1}{2}$  cupful thick sour cream
  - 3 tablespoonfuls olive oil
- This will serve ten people easily, *as a course*.

### Pear Salad—Mrs. Percy Duvall

Take ripe Keiffer pears, cut neatly in half the long way. With a tablespoon remove the core, and in the cavity left place a spoonful of the following dressing:

- 1 small orange, cut in small pieces across the grain
- $\frac{1}{2}$  a lemon, juice only
- a few grapes, seeded, or a few raisins chopped
- 1 apple chopped not too fine
- 2 tablespoonfuls pecan nut kernels

Mixed with

- 1 tablespoonful French mustard,
- 3 tablespoonfuls sour cream
- 3 tablespoonfuls of olive oil

Be SURE there is enough dressing, for it must serve for the pear as well as the chopped filling for the pear.

### String Bean Salad—Mrs. Percy Duvall

This may be made of canned string beans, though the fresh ones are of course to be preferred.



Add chopped onion and chopped beets to cold string or canned string beans and use a French dressing or a slaw dressing.

### **Cold Slaw—Mrs. Percy Duvall**

Shave cabbage and throw in cold water to freshen. Drain and add to the chopped cabbage

Chopped onion

Chopped green pepper

Chopped tomatoes

Chopped celery

Dress with any good slaw dressing, but we use two tablespoonfuls of French mustard to two-thirds of a cup of sour cream, beat well and season the slaw first with salt and pepper, then mix this dressing thoroughly with the slaw.

## **PUDDINGS**

### **Sweet Potato Pudding—Mrs. Albert O. Beall**

3 eggs

1 cup sugar

1 dozen medium sized potatoes, sweet, of course

1 pint milk

piece of butter size of an egg

Cook potatoes until tender then mash, adding the butter and beaten eggs, sugar and salt to taste. Thin with milk, add flavoring and bake in a moderate oven.



### **Blackberry Pudding—Mrs. J. Dom. Bowling**

Make the pudding by following any recipe for cup cake, then stir in the batter, a cupful of floured, fresh blackberries. Bake and serve with "hard" sauce.

### **Apple Pudding—Miss Anna Brooke**

Put into a baking dish a layer of apples chopped fine, one of fine bread crumbs, little dabs of butter and grate over it a little nutmeg. Do this alternately until the dish is full, then pour over it a glass of wine, sugar to taste. Bake until brown.

### **Prune Souffle—Mrs. A. N. Ober**

- 1 cup stewed prunes
- The beaten whites of 6 eggs
- $\frac{1}{2}$  cup of sugar
- 1 teaspoonful of vanilla
- $\frac{1}{2}$  teaspoonful of cream of tartar

Mash the prunes removing the stones, then stir into the stiffly beaten whites of eggs.

Sift together the cream of tartar with the sugar. add vanilla and mix with the prunes. Bake until browned, and serve with either whipped cream or any preferred sauce.

---

### **English Plum Pudding—Mrs. Wm. Beall**

- 1 lb. seeded raisins
- 1 lb. currants
- $\frac{1}{4}$  lb. citron
- $\frac{1}{2}$  lb. minced dried or candied orange peel



Mix well, and flour by mixing  $\frac{1}{4}$  lb. of flour with the fruit

Chop fine 1 lb. suet, add to it:

$\frac{1}{2}$  lb. brown sugar

$\frac{1}{2}$  nutmeg grated

$\frac{1}{2}$  teaspoonful cinnamon

$\frac{1}{4}$  teaspoonful cloves

1 lb. stale bread crumbs

Mix all these ingredients together. Beat 5 eggs without separating, until very light. Add to them  $\frac{1}{2}$  pint of orange juice. Pour over the dry ingredients and mix thoroughly. The mixture should not be wet, but each particle should be moistened. Pack this into small greased moulds—it will fill two 3-pound moulds—put on the covers, stand the moulds in the steamers and steam steadily for ten hours. The easiest way is to get the ingredients ready the night before, mix and put them to steam early in the morning, allowing them to cook all day.

Take from the steamer, remove the lids of the moulds and allow the puddings to cool, then replace the lids and put the puddings away. They will keep in a cool place for several months.

### **Pudding Sauce—Mrs. Wm. Beall.**

$1\frac{1}{2}$  cups sugar

2 cups boiling water, and

1 tablespoonful butter

1 tablespoonful allspice

1 tablespoonful mace

Beat yolks of two eggs stiff, with a little sugar. Stir a small quantity of the boiling mixture on it, then mix all together. Flavor with vanilla.



**English Plum Pudding—Miss Carrie J. Harrison**

- 2 lbs. raisins, one light and one dark
- $\frac{1}{2}$  lb. citron
- 1 lb. currants
- $\frac{1}{2}$  lb. English walnuts
- 1 lb. brown sugar
- 2 teaspoonfuls baking powder
- $\frac{1}{2}$  teaspoonful each of  
cinnamon  
cloves  
nutmeg
- 1 lb. suet
- 1 lb. flour
- 1 teaspoonful salt

Mix dry ingredients, beat lightly seven eggs and add a half cup milk. Stir this into the dry mixture.

Dip a cloth in hot water, flour well and tie the pudding in it tightly. Boil five hours. Serve with "hard" sauce.

**Snow Pudding—Mrs. Rufus Beall**

Soak one-half box of gelatine in one-half cup cold water for 30 minutes. Pour over it two cups boiling water. Add one cup sugar. Juice of one lemon, and grated rind of a half lemon.

Stir until the gelatine is dissolved, then set aside to cool. Beat the whites of four eggs to a stiff froth, and as soon as the jelly begins to thicken, beat it into the beaten whites until the whole mass is a solid froth as white as snow. Turn into a mould, and set aside to harden.



### Sauce

Beat the yolks of four eggs until light. Add two-thirds cup of sugar, one saltspoonful salt, add 3 cups scalding hot milk, and cook in a double boiler until the spoon is coated, stirring constantly. Remove from fire, and cool. Flavor with lemon. Serve over the Snow Pudding.

### Plum Pudding—Mrs. Fred Binger

Soak a loaf of bread in a pint of milk. Add:

- 1½ lbs. raisins
  - 1 lb. currants
  - 1½ lbs. suet
  - 3 eggs
  - 1 cup sugar
  - 1 nutmeg
  - 1 teaspoonful cinnamon.
- Boil four hours

### Sauce

- ½ cup butter, beaten with
- 1½ cups sugar
- 2 well-beaten eggs

Just before serving add enough boiling water to make a thick cream. Flavor with vanilla, allspice and mace.

### Brown Betty—Mrs. Fred Binger

Pare and chop six apples. Place a layer of apples in a well buttered baking dish. Next a layer of bread crumbs. Sprinkle with brown sugar



and cinnamon. Repeat until the dish is full. Dot the top with butter and pour sweet milk until it comes within an inch of the top of the pan. Bake until brown, and serve with cream sauce.

### **Rice Pudding, without Eggs—Mrs. Percy Duvall**

Use rich milk, which must be fresh or it will curdle. One tablespoonful of rice and 1 tablespoonful of sugar to each cup of milk. A pinch of salt, a little vanilla and half a teaspoonful of grated nutmeg. No butter or eggs in this pudding. Have the oven a good hot oven, as hot as for bread rolls, and when the pudding has been in the oven fifteen minutes, stir it. With a handy clock, which must be kept where it can be seen constantly, it will be easy to remember to stir the pudding every five minutes until the rice is thoroughly well done and the grains split open. Then, and not till then, allow the pudding to brown, to remain brown. If these directions are followed the pudding will be creamy and the milky part as thick as thick cream, as well as yellow as cream.

### **Cherry Pudding—Mrs. Percy Duvall**

A can of cherries, if fresh cherries are not to be had. If fresh cherries are in season, pit them, and have a quart after they have been picked over and stoned.

Make some biscuit dough.

- 1 pint flour
- 2 teaspoonfuls baking powder
- $\frac{1}{2}$  teaspoonful salt
- 1 tablespoonful lard or other shortening



Mix lard with flour into which the baking powder and salt have been sifted, using a fork, as the heat from the hand melts the lard, which should be cold. Wet the dough with sweet milk until the entire mass adheres to the fork. Place on a floured board and roll out an even thickness. This should be not less than a half-inch thick. Spread the cherries over the dough and over this sprinkle sugar. Fold neatly the edges over to the center, keeping all juice within the folded dough. If the edges are folded over almost to the center on each side then the top and bottom edges folded almost to the center, there is only to quickly bring the top or upper edge over to the lower edge. A neat square pile of dough is now on the board. Grease a pan, laying the pudding in it and bake in a good oven until it is thoroughly done through. Serve with hard sauce, or any preferred sauce for that matter.

### Plum Pudding—Mrs. F. Coffren

- 2 cups raisins
- 2 cups currants
- 2 cups chopped suet
- 1/2 cup blanched almonds
- 2 cups flour
- 2 cups grated bread
- 1/2 cup citron, cut fine
- 8 eggs
- 1 cup sugar
- 1/2 cup cream
- 1 gill each of wine and brandy (evidently this recipe belongs to the past)
- 1 teaspoonful salt



- 1 tablespoonful grated nutmeg
- 1 teaspoonful baking powder

Mix in a large bowl in this order:

Raisins, currants, suet, almonds, citron, sugar, wine, brandy, and cream. Add flour last, and sifted with it the baking powder, then the beaten eggs. When all is WELL mixed put in a large well-buttered mould, and set in a saucepan with boiling water to reach half way up the sides of the mould and allow it to steam for five hours. Serve with Royal wine sauce.

### **Chocolate Pudding—Mrs. Stallings**

- Beat 4 eggs
- 2 quarts of milk
- nearly a loaf of crumbled bread
- 2 tablespoonfuls of butter
- 2 squares of chocolate, melted
- $\frac{1}{2}$  teaspoonful of salt
- 1 tablespoonful of vanilla

Sweeten to taste, and mix well. Bake slowly until no milk is seen when a knife is dipped in the center.

Beat the whites of the eggs to a stiff froth, add  $\frac{1}{2}$  cup sugar, and vanilla and spread over the pudding when it is baked. After the meringue is on the pudding the oven must be quite cool so that the meringue will not fall.

### **Tyler Pudding—Mrs. George Harrison**

Cream

- 2 cups sugar
- 1 cup butter
- 3 tablespoonfuls flour sifted with the sugar
- yolks of 4 eggs



1 pint cream  
 $\frac{1}{2}$  teaspoonful baking powder  
 Beat the whites of the eggs and add last. Season with lemon or vanilla.

### Cocoanut Pudding—Mrs. J. Dom. Bowling

$\frac{1}{2}$  cup cocoanut  
 $\frac{1}{2}$  cup bread crumbs  
 1 pint milk  
 1 egg  
 1 tablespoonful butter  
 1 tablespoonful sugar  
 $\frac{1}{2}$  teaspoonful salt

Soak the bread and cocoanut in milk for three hours, then mash bread fine. Add the sugar, salt and melted butter. Beat the whites and yolks of egg separately and add alternately. Bake one-half hour.

### Queen of Puddings—Mrs. J. Dom. Bowling

1 pint bread crumbs  
 1 quart milk  
 yolks of 2 eggs  
 grated rind of one lemon, or vanilla  
 butter size of an egg

Mix, sweeten to taste, and bake an hour. Remove from oven and spread over the top of the pudding strawberry preserve or raspberry jam, then over this stiffly beaten whites of eggs to which add 2 tablespoonfuls sugar and juice of half a lemon or vanilla. Brown delicately in oven.



---

## Cottage Pudding—Mrs. R. Irving Bowie

- 1 tablespoonful butter
- 1 cup sugar
- 1 cup milk
- 2 eggs
- 1 large teaspoonful baking powder
- 1½ cups flour

Beat butter, sugar, yolks of eggs together, add milk, then the flour. Beat well, then beat the whites to a stiff froth and stir them carefully into the pudding, add the baking powder and mix well.

Pour into a greased cake pan and bake  $\frac{3}{4}$  of an hour. Serve hot with lemon sauce.

## Lemon Sauce

- ½ tablespoonful butter
- ½ cup sugar
- 2 cups hot water
- pinch of cinnamon, and same of nutmeg
- ½ lemon juice, and a little of the grated rind
- 1 tablespoonful flour

## Baked Apples—Mrs. R. Irving Bowie

Pare and remove cores of twelve apples, put on the fire with a little water and ½ cup sugar. Cook until tender. Beat whites of 3 eggs until stiff. Put 3 cups sugar and 1 cup of water to boil. When it ropes remove it and pour over the whites of the eggs and beat until cool. Fill the apples with this icing and set in the stove until brown. Serve cold.



**Delicate Dessert—Mrs. J. S. Ridgely**

Take a small can of pineapple and drain off the juice, pour over it a half pint of whipped cream in which is mixed a quarter of a pound of marshmallows cut in fine pieces.

**Charlotte Russe—Mrs. Charles Duvall**

1 qt. of rich milk  
4 eggs well beaten  
6 tablespoonfuls sugar  
2 teaspoonfuls corn starch

Cook in double boiler until thickened to a custard. Line dish with sponge cake about half an inch thick, and pour the custard in the center. Cover with whipped cream.

**Pompadour Pudding—Miss Alice D. Duvall**

Scald 1 qt. milk. Add:  
 $\frac{3}{4}$  cup sugar  
3 eggs  
3 tablespoonfuls corn starch

Cook until thick and flavor with vanilla. Make a meringue of the whites of the eggs, two-thirds cup of powdered sugar, and a square of chocolate, melted. Put this meringue on the top of the pudding and place in the oven for a short while.

**Pumpkin Pudding—Mrs. Beane**

1 qt. pumpkin, after it is stewed  
1 qt. milk  
6 eggs



- lump butter size of an egg
- $\frac{1}{2}$  teaspoonful salt
- 1 teaspoonful cinnamon
- 1 teaspoonful mace
- 1 teaspoonful cloves

Bake until spoon dipped in the center comes out clean.

## ICE CREAMS

### Chocolate Ice Cream—Mrs. Percy Duvall

- 1 qt. rich milk
- $1\frac{1}{2}$  cups sugar
- 1 cup flour
- $\frac{1}{4}$  can cocoa
- vanilla
- $\frac{1}{2}$  cup butter
- 1 pt. cream

1 additional pt. milk, added the last thing

Bring milk to a boil, but do not allow it to boil before adding sugar and flour mixed and smoothed with the cocoa. When this is smooth, stir in the scalded milk. Allow to boil a minute, or until the milk is thickened. Remove from the fire and add the butter. When this is melted, add the vanilla and cream. If this is not sweet enough, add additional sugar and stir until dissolved. Add the cream and the additional pint of milk just before freezing. This is the way chocolate ice cream is made in France.



**Ice Cream—Mrs. Percy Duvall**

One quart of milk, brought to a scald. Stir in it:

2 eggs beaten together

$\frac{1}{2}$  cup flour

1 cup sugar

Stir till thick, then remove from fire and add a tablespoonful butter. Crumble some stale cake in the freezer and put a half cupful preserved cherries or watermelon ginger preserves, then pour over the custard. Add to this one pint cream and freeze.

**PIES**

**Lemon Cream Pie, No. 1—Mrs. Fred Binger**

4 eggs

1 cup sugar

2 heaping tablespoonfuls corn starch

$1\frac{1}{2}$  cups boiling water

the grated rind and juice of 2 lemons

Beat yolks and whites of eggs separately. To beaten yolks add corn starch, sugar, lemon juice and rind and lastly the boiling water. Cook and stir constantly and when it begins to thicken add one-half the stiffly beaten whites. Stir this in thoroughly and let it cook until it is of the desired thickness. After the custard has cooled put in baked pie crusts, cover with meringue and brown in a SLOW oven.



---

## **Lemon Pies, No. 2—Mrs. Fred Binger**

For four pies:

- 6 lemons, juice and rind
- 6 eggs
- 3 pints milk
- tablespoonful butter
- 2 cups sugar
- 4 tablespoonfuls corn starch
- pinch of salt

Put milk on and let it come to a boil. Mix other ingredients and cook about three minutes. Bake crusts first, then put in the mixture in each pie dish. Cover with meringue made with the whites of the eggs and set to brown in a slow oven.

## **Lemon Pie—Mrs. George Harrison**

Grate rind and extract the juice of 2 lemons

- 2 cups sugar
- 2 cups milk
- 3 tablespoonfuls flour
- 5 eggs
- 1/2 cup butter

Mix the yolks of the eggs, the sugar and flour. Add the milk and melted butter. Beat the whites stiff and add last.

Bake slowly 30 minutes.

## **Raisin Pie—Mrs. J. Dom. Bowling**

- 1 cup seeded, chopped raisins
- juice and rind of one lemon
- 1 cup cold water
- 1 cup sugar
- 1 tablespoonful flour
- 1 tablespoonful butter

Stir lightly together and bake with two crusts.



### **Sweet Potato Pie—Mrs. J. Dom. Bowling**

Cook about six good sized potatoes. When cooked mash free from lumps then add the yolks of

2 eggs

2 cups sugar

1 cup cream

1 tablespoonful butter

Vanilla for flavoring

Cook in a previously baked crust and make a meringue of the whites of the eggs and a little sugar and heap on the top and brown slightly in the oven. This recipe will make two pies.

### **Cream Pie—Mrs. George Harrison**

Bake the crust which should be of puff paste and not too thin, before the cream is put in it.

Use cream twenty-four hours old and whip it till it is solid. Sweeten and flavor with vanilla. Fill the crust and you will have an old fashioned and delicious dessert. It will cut as fine a slice as any other pie.

### **Strawberry Short Cake—Mrs. Percy Duvall**

Line a deep dish or a very large sized pie plate with puff paste. Bake in the oven until a light brown. Remove from the pie plate to the serving dish and bake a second piece of puff paste the same size as the first piece. When the pastry is ready to be served have previously capped and washed ripe strawberries, thickly strewn with sugar and fill the first piece of pastry level full, then over this pour beaten sweetened cream, until the cream



comes up on the side of the pastry. Place the second piece on top of the filled piece and fill that with the sweetened berries. Sift plenty of powdered sugar over this and pile it high with sweetened whipped cream.

**Pastry—Mrs. J. Dom. Bowling**

8 oz. flour  
6 oz. lard  
pinch of salt  
 $\frac{1}{2}$  glass ice water

Sift the flour and salt together. Shred the lard in the flour and wet with the ice water, not touching the pastry with the hands, as the warmth of the hands melts the lard. It is best to mix the pastry the night before you wish to use it and leave it on ice over night.

**Pumpkin Pie—Mrs. R. F. West**

Beat 3 eggs, add to them  
1 cup sugar  
1 cup stewed pumpkin  
1 tablespoonful ginger  
1 tablespoonful cinnamon  
 $\frac{1}{2}$  teaspoonful each of allspice and cloves

Beat it well and add 1 pint of milk. Mix thoroughly and bake in a raw crust.

**Pumpkin Pies—Mrs. Stallings**

Beat the yolks of two eggs, add:  
1 pt. of strained stewed pumpkin  
1 teacup milk and cream, mixed  
1 lump of butter, size of a walnut  
pinch of salt



Sweeten and add cinnamon, nutmeg and vanilla to taste. Fill crusts and bake slowly. Beat the whites of the eggs to a stiff froth with 2 table-spoonfuls of sugar. Flavor with vanilla, spread on the pies and bake slowly until brown.

### Cocoanut Pies—Mrs. Stallings

Beat one whole egg and the yolks of two additional eggs, saving these whites for the meringue.

Add:

- 2 cups of milk
- 1 large box of Dromedary Cocoanut
- pinch of salt
- sugar to taste
- flavor with extract of lemon

Fill the crusts with this mixture and bake. When cooked add the meringue made by beating the whites of the other two eggs and two table-spoonfuls of sugar, flavoring it with vanilla. Return to fire and bake slowly until a light brown.

### Pumpkin Pie—Mrs. George Harrison

- 1 cup of pumpkin
- 3 tablespoonfuls sugar
- 1 tablespoonful of flour sifted with the sugar
- 1 cup cream
- 1 tablespoonful of butter
- 2 eggs
- $\frac{1}{4}$  teaspoonful of cinnamon
- $\frac{1}{4}$  teaspoonful of allspice
- 1 teaspoonful vanilla

Bake crust before putting this mixture in it. Then bake again.



### **Pie Crust—Miss Nellie Moran**

1 qt. flour  
 1/2 lb. lard  
 1/2 lb. butter  
 1 tablespoonful salt  
 1 glass ice water

### **Lemon Pie—Miss Nellie Moran**

2 lemons (juice and grated rind)  
 1/2 cup melted butter  
 4 tablespoons cream  
 1 pt. sweet milk  
 6 eggs  
 2 cups sugar

Beat the whites and yolks separately. Mix these ingredients together and bake in a raw crust. There is no top crust, this is like a custard pie.

### **Savory Cheese Pie—Miss Anna Brooke**

Put a small cup of grated cheese into a saucepan with one cup of milk and a small piece of butter, when melted add a cup of bread crumbs, two beaten eggs and a little salt, pour into a buttered pie plate and bake until brown.



## CAKES

### Soft Gingerbread—Mrs. R. F. West

Cream two-thirds cup of lard, add two eggs, beat until light, add two cups New Orleans molasses, add two-thirds cup hot water in which dissolve one teaspoonful baking soda, add ginger and cinnamon to taste, about a teaspoonful of each, three cups of flour. Bake in a long shallow biscuit pan in a moderate oven for forty minutes.

### Gingerbread—Mrs. Percy Duvall

- 2 eggs beaten with one cup of sugar until light
- 2 cups of New Orleans molasses
- 1 quart of rich buttermilk
- 2 cups of lard, melted in the muffin pans, three dozen muffins to this quantity
- 1½ quarts of flour, in which is sifted
- 2 teaspoonfuls cinnamon
- 2 teaspoonfuls ginger
- 2 teaspoonfuls nutmeg, grated
- 2 teaspoonfuls salt
- 2 teaspoonfuls soda, rounded full

Bake in a brisk oven until a straw can be brought clean from testing the cakes. They are moist and remain fresh for days if not eaten.

### Cocoanut Cookies—Mrs. Wm. Beall

- Cream ½ cup butter with 1 cup sugar, add
- 2 eggs, well beaten
- ½ cup milk



- 1 cup cocoanut, vanilla to flavor
- 1 heaping teaspoonful baking powder
- flour to make a dough stiff enough to roll

Roll very thin, cut with a round cutter and bake in a hot oven until well browned.

### Apple Sauce Cake—Mrs. R. F. West

Cream together

- $\frac{1}{4}$  cup lard
- $\frac{1}{4}$  cup butter
- 1 cup sugar
- 1 egg
- 1 teaspoonful cinnamon
- $\frac{1}{2}$  teaspoonful nutmeg
- $\frac{1}{2}$  teaspoonful allspice
- 2 cupfuls sweetened apple sauce, as for the table
- 2 cups flour, in which is mixed
- 2 teaspoonfuls soda
- 1 cup floured raisins

Bake in a slow oven one and a half hours.

### Sponge Orange Cake—Mrs. J. Dom. Bowling

This recipe is for a four layer cake.

- 4 eggs beaten very light without separating
- 2 teacups flour
- 2 teacups sugar
- juice of one lemon
- rind and juice of two oranges
- 2 teaspoonfuls baking powder
- $\frac{3}{4}$  cup boiling water

Add the baking powder the last thing after the hot water. Bake in as quick an oven as for baking powder biscuits.



**Orange Cooked Icing—Mrs. J. Dom. Bowling**

Two teacups sugar, one-half teacup water. Boil four or five minutes or until it spins a thread, then pour over two lightly beaten egg whites, beat, season with juice of half an orange and the grated rind of half an orange. Put thinly sliced orange between the layers.

**Fruit Cake—Mrs. R. F. West**

1 lb. sugar  
1/2 lb. butter  
8 eggs  
1 cup milk  
1 lb. flour  
1 lb. raisins  
1 lb. currants  
1/2 lb. citron  
1/2 lb. figs  
1/2 lb. dates  
1/2 teaspoonful of cinnamon  
1/2 teaspoonful of cloves  
1/2 teaspoonful of allspice  
1/2 teaspoonful of nutmeg

1 heaping teaspoonful of baking powder

Bake for about two and a half hours in a moderate oven. Try with a straw before removing from the oven.

**Cream Cake—Miss Nellie L. Pumphrey**

Break two eggs in a cup and fill the cup up with thick cream. Pour in a pan and beat with an egg beater until light. Break two more eggs and fill



the cup up with cream, as before. Add this, then beat again.

2 cups of sugar

2 cups of flour—before sifted

2 teaspoonfuls of yeast powder and

1 teaspoonful of flavoring

Bake in a loaf or in layers.

### Angel Cake—Miss Carrie Harrison

Whites of eleven eggs

1½ cups of granulated sugar

1 cup flour

1 teaspoonful cream of tartar

¼ teaspoonful salt

1 teaspoonful vanilla

Beat whites of eggs until they are frothy, add cream of tartar and continue beating until the eggs are stiff. Sift in the sugar gradually and fold in the flour mixed with the salt and sifted *four* times. Add the flavoring and bake three-quarters of an hour. Never try to take out of the pan. Stand upside down until it drops out of itself.

### Rich Jumbles—Miss Carrie Harrison

Rub one pound of butter into one and a quarter pounds of flour. Beat four eggs with one and a quarter pounds of sugar. When very light mix these last with the butter and flour. Add a wine glass of rosewater, and one nutmeg, grated. Roll in rings and bake slowly. Sift powdered sugar over them when they come from the oven.



## **White Fruit Cake—Mrs. Fred Binger**

- 8 eggs
- $\frac{3}{4}$  lb. butter
- $\frac{3}{4}$  lb. sugar
- $\frac{3}{4}$  lb. flour
- 1 lb. white raisins
- 1 lb. citron
- 1 lb. almonds, after they are shelled and blanched
- 1 teacup cocoanut, grated
- 1 teaspoon orange extract
- 1 nutmeg, grated
- 1 wineglass grape juice
- 1 teaspoonful baking powder in 1 gill milk

## **Fruit Cream Cake—Mrs. Fred Binger**

- 1 cup brown sugar
- 1 egg
- butter, size of an egg
- 1 cup cream
- 1 teaspoon soda
- 1 teaspoonful cinnamon
- 1 nutmeg grated
- 2 cups flour
- $1\frac{1}{2}$  cups seeded raisins

## **The Best Fruit Cake—Mrs. Fred Binger**

- 2 lbs. currants
- 2 lbs. raisins
- 1 lb. butter
- 1 lb. sugar
- $1\frac{1}{4}$  lbs. flour



- 10 eggs
- Wineglass grape juice
- 1 teaspoonful allspice
- 1 teaspoonful cloves
- 1 teaspoonful cinnamon
- 1 teaspoonful almond extract
- 2 packages cocoanut
- 1 cup molasses
- 1 teaspoonful soda, mixed in the molasses
- 1 teaspoonful baking powder

### **Gold Cake—Mrs. Fred Binger**

Beat yolks of four eggs with one tablespoonful lemon juice. Whip the whites very stiff and beat in one cup of sugar. Add egg yolks and beat well. Stir in one cup sifted flour. Flavor with orange.

### **Boiled Icing—Mrs. Fred Binger**

Boil three cups granulated sugar with one-half cup of water until a little dropped from a spoon will spin a thread. Pour this boiling syrup on stiffly beaten whites of three eggs and beat.

A fine variation to the usual icing, is obtained by adding:

- 1 cup chopped raisins
- 1 cup nut meats
- 5 figs cut in fine pieces, or in strips as fine as can be cut with a sharp knife



## **Gold Loaf Cake—Mrs. Fred Binger**

- $\frac{1}{2}$  cup butter
- $1\frac{1}{2}$  cups sugar
- $\frac{1}{2}$  cup rich milk
- 5 eggs
- 2 cups flour
- 2 teaspoonfuls baking powder

Flavor with lemon or orange extract, a teaspoonful of each is good. Ice heavily with chocolate or white icing.

## **Sponge Cake with Cream Filling Mrs. Fred Binger**

Beat yolks of 3 eggs very light. Add  $1\frac{1}{2}$  cups sugar, stir well, and add  $\frac{1}{2}$  cup water. Beat well, then add 1 cup flour. Whites of 3 eggs, well beaten, 1 more cup of flour, with 2 teaspoonfuls of baking powder mixed in it. Bake in layers in a slow oven.

## **Cream Filling**

- 1 cup sugar
- 2 eggs
- 1 pt. milk
- $\frac{3}{4}$  cup butter
- 2 tablespoonfuls corn starch

Flavor with lemon. Boil to a custard and spread between the layers.



**Butter-less, Egg-less, Milk-less Cake**  
**Mrs. Fred Binger**

Put in a saucepan:

- 2 cups brown sugar
- 1½ cups water
- 2 cups raisins
- 1/3 cup crisco, or shortening
- 1/4 nutmeg grated
- 1 teaspoonful cinnamon
- 1 teaspoonful cloves
- a pinch of salt

Boil together for three minutes. Cool and add 1 teaspoonful soda dissolved in hot water, 2½ cups flour, in which has been sifted 1 teaspoonful baking powder. Bake 35 or 40 minutes.

**Lemon Filling for any Cake—Mrs. Fred Binger**

- Beat 1 egg, add
- 1 cup sugar and beat well
  - 2½ tablespoonfuls corn starch
  - grated rind and juice of two lemons
  - 1 tablespoonful butter
- Cook until thick, stirring constantly.

**Chocolate Cake—Mrs. Percy Duvall**

- 1 cup butter
- 2 cups sugar
- 3 cups flour
- 4 eggs
- 1 cup milk
- 2 level teaspoonfuls cream of tartar
- 1 level teaspoonful soda



Cream the butter and sugar, add the yolks beaten then the milk, then the flour and have the cream of tartar sifted in the flour. The stiffly beaten whites are last at the same time with the soda dissolved in a spoonful of water. Bake in layers.

### Chocolate Filling

- $\frac{1}{2}$  cake of Baker's chocolate
- $2\frac{1}{2}$  cups sugar
- $\frac{1}{2}$  cup rich cream or if this is not possible use milk
- piece of butter the size of an egg
- vanilla

Boil the sugar and cream together until it is wax-like when dropped on a plate. Add the chocolate and draw to the side of the stove till the chocolate is melted. Add the butter and vanilla and remove from the fire and stir in a heaping tablespoonful of FLOUR. As soon as this mixture is as thick as cream spread it between the layers of the cake and on top. It cools very quickly, consequently it will be necessary to have the cakes waiting and everything at hand so as not to lose an instant.

### Spice Cake—Mrs. Percy Duvall

- 1 cup butter
- 2 cups sugar
- 3 cups flour
- 4 eggs
- 1 cup milk
- 2 teaspoonfuls cream tartar
- 1 teaspoonful soda
- 1 teaspoonful cinnamon



- 1 teaspoonful powdered mace
- 1 tablespoonful vanilla
- rind of a lemon, grated and rubbed in the sugar before the sugar is used
- Bake in layers and use white icing between the layers and on top.

### Sugar Cookies—Mrs. Albert O. Beall

- 1 cup butter or lard
- 2 cups of sugar
- 1 cup sour milk
- 1 teaspoonful soda
- flavor with lemon or vanilla, 1 teaspoonful
- Flour to roll out thin. Bake in a hot oven.

### Marble Cake—Mrs. Beane

- 2 cups sugar
- 1 cup butter
- 4 eggs
- 3 squares melted chocolate or 3 tablespoonfuls cocoa
- 1 cup milk
- 1 teaspoonful cinnamon
- 1 teaspoonful mace
- 2 teaspoonfuls baking powder
- flour to make a good batter
- Cream butter and sugar, add beaten eggs, then milk and then the flour. Separate the batter into two parts, to one part add the cinnamon, mace and chocolate. Put the two layers in the pan alternately. Bake in a moderate oven.



---

## Stuffed Cookies—Mrs. Guy Gaither

- 2 cups sugar
- 1 cup butter
- 3 eggs
- $\frac{1}{2}$  cup milk
- 4 cups flour
- 2 teaspoonfuls baking powder
- 1 teaspoonful vanilla
- salt
- nutmeg

Roll the dough for the cookies very thin. Cut with a round cutter. Have two pieces of cookie dough to each cookie, one for the top and one for the bottom. Place a spoonful of the mixture on the bottom piece, cover with the top piece and press the edges together. Bake in a quick oven.

## Filling

- 2 cups chopped raisins
  - 1 cup water
  - 1 cup sugar
  - 2 tablespoonfuls flour
  - flavor with lemon juice
- Cook until thick, then cool.

## Sponge Cake—Mrs. Charles Duvall

- 3 eggs beaten separately
- 1 cup sugar
- 1 cup flour
- $\frac{1}{4}$  teaspoonful salt



- 1 level teaspoonful baking powder
- $\frac{3}{8}$  cup water
- $\frac{1}{2}$  teaspoonful lemon extract

Beat the yolks of the eggs thick, then add sugar and lemon. Beat and add the water. Have the whites of the eggs beaten to a stiff froth and add with the flour in which the salt is sifted. Bake in a moderately hot oven.

### **Cookies—Mrs. Charles Duvall**

- 1 cup butter
- $1\frac{1}{2}$  cups sugar
- 2 eggs
- 2 tablespoonfuls water
- 1 teaspoonful vanilla extract
- 2 level teaspoonfuls baking powder

Enough flour to make a soft dough. Roll out thin and bake in a quick oven.

### **Chocolate Fudge Cake—Mrs. Guy Gaither**

- 1 cup sugar
  - 2 eggs
  - $1\frac{1}{2}$  cups flour
  - 2 squares of unsweetened chocolate
  - $\frac{1}{2}$  cup butter
  - $\frac{1}{2}$  cup milk
  - $1\frac{1}{2}$  teaspoonfuls baking powder
  - $\frac{1}{2}$  teaspoonful vanilla
- Bake in two layers.



## Filling

1½ cups sugar  
 ½ cup rich milk  
 2 tablespoonfuls butter

Make like fudge and spread between the layers,  
 but do not ice the top of the cake.

## Fudge Cake—Mrs. George T. Duvall

3 squares of chocolate  
 4 eggs  
 ½ cup milk  
 1 teaspoonful vanilla  
 ½ cup butter  
 1½ cups sugar  
 1¾ cups flour  
 1 heaping teaspoonful baking powder

Cream the butter and sugar, add the yolks of  
 the eggs, then the milk and then the chocolate  
 which has been melted in five tablespoonfuls of hot  
 water. Now add the flour and last the beaten  
 whites of the eggs. Bake three-quarters of an  
 hour in a moderately hot oven.

## Rocks—Mrs. Rufus Beall

1½ cups sugar  
 1 cup butter  
 3 cups flour  
 1 cup walnut kernels  
 ¾ lb. raisins  
 ½ cup sour cream  
 1 teaspoonful soda  
 2 teaspoonfuls cinnamon



pinch of salt

2 eggs beaten separately

Sift the flour, cinnamon and salt together, add the soda to the cream, mix the nuts and raisins and flour them a little.

Cream the butter and sugar, add eggs beaten light, the yolks first, then the whites, and the flour and lastly, the nuts and raisins, and cream. Drop on a floured pan, far apart and bake ten minutes.

### **Spice Cake—Miss Alice D. Duvall**

1 tablespoonful butter  
1 cup sugar  
1 egg  
saltspoonful nutmeg  
saltspoonful cloves  
saltspoonful cinnamon  
1 cup sour milk  
1 scant teaspoonful soda  
1 cup chopped raisins  
 $\frac{1}{2}$  cup currants  
2 cups flour

### **Fruit Cake—Miss Alice D. Duvall**

$1\frac{1}{4}$  lbs. butter  
1 lb. sugar  
13 eggs  
3 lbs. raisins  
3 lbs. currants  
1 lb. citron, cut thin  
3 nutmegs grated  
3 teaspoonfuls cinnamon steeped in a half  
pint of brandy or substitute



Beat butter and sugar together until light, then the yolks of the eggs, then the flour, then the whites of eggs which have been whisked very light, lastly add the fruit which has been well floured and mixed together in a large pan before the cake batter is added to the fruit.

Bake in a well greased pan lined with greased paper. This cake needs a slow oven of regular temperature and takes four hours to bake. It is a large cake and will keep indefinitely—if locked up.

### Devil's Food—Mrs. George Harrison

- 1½ cups sugar
- ½ cup butter
- 2 eggs
- 1 cup sour milk
- 1 teaspoonful soda, dissolved in the milk
- 2 cups flour
- 2 heaping tablespoonfuls cocoa

Cream eggs, sugar and butter together, add milk, with soda dissolved in it, then add flour and cocoa.

### Icing for Devil's Food

- 1 cup sugar
- ½ cup boiling water

Cook till it spins a thread and add to the whites of two well beaten eggs. Serve with beaten or whipped cream if you wish a delicious dessert.



### Fruit Cake—Mrs. George Harrison

- 3 lbs. raisins
- 3 lbs. currants
- 1 lb. sugar
- 1 lb. butter
- 1 lb. flour
- 12 eggs
- 1 tablespoonful cinnamon
- 1 tablespoonful allspice
- 1 tablespoonful nutmeg
- 2 teaspoonfuls baking powder
- 1 wineglass wine or whiskey
- 1½ lbs. citron cut in small chips

Cream the butter and sugar, then add the eggs well beaten, then the citron and fruit, which must be cleaned with flour and not washed. Bake three and a half hours.

### Jam Cake—Mrs. Albert O. Beall

- 1 cup sugar
- ¾ cup butter
- 1 cup jam
- 3 cups flour
- 1 teaspoonful soda
- ¾ cup buttermilk
- 1 teaspoonful baking powder
- 1 teaspoonful cinnamon
- 1 teaspoonful cloves
- 1 teaspoonful allspice

Mix as other cakes, adding the jam just before pouring in the pan. Bake in a moderate oven.



**Fruit Layer Cake—Mrs. R. Irving Bowie**

- 3 eggs
- 2 cupfuls sugar
- $\frac{2}{3}$  cup butter
- 1 cup milk
- 3 cups flour
- 1 teaspoonful soda
- 2 teaspoonfuls cream of tartar
- 1 tablespoonful molasses
- 2 tablespoonfuls brandy
- $\frac{1}{2}$  teaspoonful cloves
- 1 teaspoonful cinnamon
- $\frac{1}{2}$  teaspoonful allspice
- $\frac{1}{4}$  lb. citron, sliced thin
- 1 cupful raisins

Flour the fruit with  $\frac{1}{4}$  cupful flour. Beat the butter and sugar together, add the milk and flour, the soda and cream tartar. Divide this batter in two parts. Add to one part the beaten whites of the eggs, to the other part the beaten yolks, the molasses, spices and fruits, well floured, as directed.

This may be baked in two or four layers, but it should be arranged after baking so that one layer is dark and the next one light, the dark layer being at the bottom. White icing should be on the top and sides, as well as between the layers.

**Caramel Cake—Miss Nellie Moran**

- 7 eggs (whites)
- 1 cup butter
- 2 cups sugar
- 3 cups flour



- $\frac{1}{2}$  cup sweet milk
- 1 teaspoon soda
- 2 teaspoons cream of tartar
- 2 teaspoons vanilla

**Caramel Filling**

- 1 cup cream
- 1 cup butter
- 3 cups brown sugar

Cook until thick, flavor with vanilla.

**Pound Cake—Miss Nellie Moran**

- 1 lb. flour
- 1 lb. eggs
- 1 lb. sugar
- 1 lb. butter
- 1 glass brandy
- 1 nutmeg
- 1 teaspoon mace

Cream butter with half the flour and add brandy and spices. Beat the yolks until light, add sugar, then the beaten whites and the rest of the flour, Then beat until very light.

**Brandy Snaps—Miss Maude Duvall**

- $\frac{1}{2}$  cup molasses
- $\frac{1}{3}$  cup butter
- 1 cup flour
- $\frac{2}{3}$  cup sugar
- $\frac{3}{4}$  tablespoonful ginger

Heat the molasses to the boiling point and add the butter, remove from the range as soon as butter is melted, add gradually while stirring and beating constantly the flour mixed with the sugar,



and lastly the ginger. Drop small portions from the tip of the spoon on a well buttered pan two inches apart, bake in a slow oven. Cool slightly, remove from the pan and roll over the handle of a wooden spoon the shape of a cornucopia. So dealt with they make attractive cases for holding salted nuts for the Christmas dinner. One may be placed at each cover and when the ice cream course is served it will furnish the wafer for it.

### **Boston Cream Cakes—Miss Anna Brooke**

2 $\frac{1}{2}$  cups water  
2 cups flour  
1 cup butter  
5 eggs

Boil the butter and water together, stir in the flour while boiling. After it is cooked add eggs well beaten, put large spoonful in muffin rings and bake in a hot oven. Open the cakes and fill them with cream filling.

## **PRESERVES**

### **Fruit Conserve—Miss Nellie Pumphrey**

5 lbs. of peaches or any kind of fruit  
5 lbs. sugar  
3 oranges (grated rind) and juice  
2 lemons (grated rind) and juice  
 $\frac{1}{2}$  lb. nuts  
1 lb. raisins, seeded

Cook the fruit and sugar until nearly done, then add the other ingredients and cook until as thick as jam.



## **Apple Butter—Mrs. Fred Binger**

Slice 4 lemons, cover with water and let stand over night. The next morning put them in a preserving kettle and add 8 pounds of apples, pared, cored and sliced. Cook for an hour, add 3 pounds sugar and cook slowly with frequent stirrings one and one-half hours longer, or until of proper consistency. This is fine used as a dessert with cream.

## **Pineapple and Pear Preserves**

**Miss Nellie Pumphrey**

To seven pounds of pears after they have been pared, cored and put through a meat chopper, add two large cans of ground pineapple, or three fresh medium sized pineapples, and five pounds of sugar. Boil slowly for about two and a half hours. This makes about five quarts of preserves.

## **Rhubarb and Pineapple Marmalade**

**Mrs. Fred Binger**

5 lbs. rhubarb

5 lbs. sugar

1 pineapple

Cut rhubarb and pineapple fine, add sugar and let it stand over night. Put in preserving kettle and cook until like jelly.



## **Apple Butter—Mrs. Rufus Beall**

- 1 peck of apples, cooked and all lumps mashed out through a colander.
  - 5 lbs. brown sugar
  - 1 tablespoonful cinnamon
  - 1 tablespoonful allspice
  - 1 tablespoonful cloves
  - 1 pt. vinegar
- Cook until brown.

## **PICKLES**

### **Mustard Pickle—Mrs. Coffren**

- 25 medium sized cucumbers
- 1 qt. onions
- 1 qt. green tomatoes
- 1 qt. butter (lima) beans
- 1 good sized pepper
- 4 cups sugar
- $\frac{3}{4}$  cup flour
- $\frac{1}{4}$  lb. mustard
- 1 teaspoonful turmeric
- 1 teaspoonful celery seed

Cut up all of the vegetables, then cook onions, tomatoes and beans in water until tender. Drain. Put two quarts of vinegar with the pepper cut fine, the sugar, turmeric and celery seed on the stove and allow it to come to a boil. When it has just begun to boil, add the vegetables, including the cucumbers, and when this mixture has again begun to boil, thicken with the flour mixed with cold water until it is about the consistency of gravy.

If it is impossible to obtain the cucumbers, cauli-



flower may be substituted and the addition of 5 or 6 red peppers—the sweet kind—makes the pickle very pretty.

### Mustard Pickle—Mrs. Wm. Beall

- $\frac{1}{2}$  gallon cider vinegar
- $\frac{1}{2}$  lb. ground mustard
- $\frac{1}{4}$  lb. white mustard seed
- $\frac{1}{8}$  lb. celery seed
- 1 lb. sugar
- 6 large peppers, 3 red and 3 green
- 1 qt. small onions
- 1 pt. lima beans
- 1 qt. small cucumbers, or large ones cut in pieces
- 1 stalk celery
- 1 head of cabbage

Cut the cabbage and sprinkle a tablespoonful of salt over it. In the morning drain off as much water as possible. Cook beans half done. Take seeds out of the peppers and cut in pieces. Cut celery in inch long pieces. Mix the ground mustard with some cold vinegar, add sugar, celery seed, and mustard seed, then all the vegetables and cook ten minutes from the time it shows the first sign of boiling. Green tomatoes may be used in the place of any vegetable that may be impossible to obtain.

### Sweet Pickle Fox Grapes—Mrs. Wm. Beall

- $\frac{3}{4}$  lb. sugar
  - 6 lbs. green seeded fruit
  - 1 pt. vinegar
  - 2 tablespoonfuls ground cloves
  - 2 tablespoonfuls ground cinnamon
- Cook until thick then seal in air tight jars.



**Tomato Catsup—Mrs. A. N. Ober**

Half bushel of tomatoes cooked until soft, then pressed through a colander fine enough to keep the seeds from going through. It may be found easier to put through an ordinary colander first then using a vegetable press or mashing with a potato masher through a wire strainer.

In a very thin bag put two crowns of garlic skinned.

3 sticks of cinnamon, broken into bits

2 tablespoonfuls of whole cloves

2 tablespoonfuls allspice

1 oz. of mixed pickle spice

2 tablespoonfuls celery seed

2 tablespoonfuls black and white mustard seed

6 bay leaves

4 large sprays of parsley.

Tie this bag, not too tightly, and crush the contents with a hammer (being careful not to break the bag, however) before putting it in the tomato juice. Add salt, sugar and pepper to taste. Some persons like catsup highly seasoned, while others like it with little pepper in it.

When nearly cooked add one quart of good strong vinegar. After bottling add a half teaspoonful of olive oil to each bottle, and the catsup will not sour. Seal the bottles by dipping the tops in melted paraffine, as soon as the catsup is cold.

**Corn Salad Pickle—Mrs. Samuel Tayman**

1 dozen ears corn

1 large head of cabbage

6 onions



2 bunches celery  
3 green peppers  
Put through the meat grinder. Add:

2 cups sugar  
2 tablespoonfuls mustard  
2 tablespoonfuls turmeric  
2½ pts vinegar

Boil thirty minutes. This is delicious with hot or cold meats.

### Pepper Hash—Mrs. Samuel Tayman

12 green peppers  
12 red peppers  
4 or 5 hot little peppers  
3 large onions  
3 tablespoonfuls salt  
1½ cups sugar  
4 cups vinegar

Remove seeds and stem ends from the peppers. Chop the shells and cover with boiling water. After standing for ten minutes, drain and add the onions chopped. Let the whole come to a boil again, then drain. Add the sugar, salt and vinegar. Cook twenty minutes. Seal in air-tight sterilized jars.

### Chow-Chow—Mrs. Fred Binger

1 head of cabbage  
1 peck of tomatoes  
1 qt. small onions  
3 peppers

Slice over night and pack in salt. In the morning, drain, chop fine and add:



- 1 qt. vinegar
- 2 lbs. brown sugar
- 2 tablespoonfuls black pepper
- 3 tablespoonfuls mustard seed
- 4 tablespoonfuls celery seed
- 6 red sweet peppers

Cook and stir.

### Sweet Pickle Peaches—Mrs. Beane

- 7 lbs. peaches, pared
- 1 pt. vinegar
- 3 lbs. brown sugar
- 1 stick cinnamon
- cloves
- allspice

Put all on together and cook until tender.

### Pepper Hash—Mrs. Beane

Remove seeds from:

- 12 sweet red peppers
- 12 green peppers
- 12 onions

Chop fine, or put through a meat grinder. Add 3 tablespoonfuls salt, and allow to simmer for ten minutes. Drain and add 1 quart vinegar, 1 cup brown sugar. Allow it to come to the boiling point and put in air-tight jars.

### Chili Sauce—Mrs. Fred Binger

- 50 tomatoes
- 25 onions
- 15 peppers
- 1½ gallon vinegar



- 1 bunch celery
- 3 cups sugar
- 2 tablespoonfuls salt
- 1 teaspoonful cloves
- 1 teaspoonful mace
- 1 teaspoonful allspice
- 1 teaspoonful cinnamon

Boil two and a half hours.

### **Sherman Pickle—Mrs. Albert O. Beall**

- 1 dozen apples
- 1 dozen green tomatoes
- 1 dozen onions
- 1 box raisins
- 1 heaping tablespoonful dry mustard

Cut tomatoes and onions, put salt on them and let stand for two hours, then mix all together. Cover in vinegar, sweeten with brown sugar to taste and cook one hour.

### **Green Tomato Pickle—Mrs. Albert O. Beall**

- 1 peck green tomatoes
- 1 dozen green peppers
- $\frac{1}{4}$  peck onions
- 4 lbs. brown sugar
- 3 qts. vinegar
- $\frac{1}{2}$  cup salt
- 1 tablespoonful each of cinnamon, allspice and cloves

Cut tomatoes, onions and peppers in slices, put salt over them and let stand over night. Next morning wash the salt out, put vinegar and spices on the fire and cook for half an hour. Now add all the rest of the ingredients and cook until tender.



**BEVERAGES****Fruit Punch—Mrs. Tayman**

Remove the outside skin from a pineapple, cut it down through the middle and shred it with a fork. Squeeze the juice from 6 lemons, cut in thin slices, 4 oranges, one pound of sugar or more to taste. Allow this to stand over night.

About an hour before serving the punch, add 4 bananas, sliced thin, and enough water to make palatable. Serve in a bowl in which are two large lumps of ice.

**Tea Punch—Mrs. Percy Duvall**

For twenty people, make one cup of Oolong and Japan tea, pouring boiling water over it, two quarts of water, and allow it to steep for half an hour on the back of the range. Strain, and set aside to cool.

With a thin knife pare the rind of 12 lemons and 6 oranges, and place the rinds in a white enamel saucepan, and cover with water. Let this steep for half an hour. Extract juice of 12 lemons and 6 oranges. Shred 1 pineapple.

In fruit time extract two quarts of blackberry juice, just as for jelly, but in winter this must be made up by using the grape juice and making fruit syrup by dissolving a glass of blackberry jelly in a pint of water, another glass of grape jelly in another pint of water, and a pint of the syrup from canned peaches and canned cherries.

Add at least 2 quart bottles of grape juice. SWEETEN TO TASTE. When ready to serve



add all the fruit and all the juices, then strain the tea and the water in which the lemon and orange peelings have been steeping. Lastly, cut one or two bananas in slices and break a sprig of mint in the punch bowl. Have plenty of ice in the bowl.

### **Cocoa—Mrs. Charles Duvall**

- 1 qt. milk
- 4 tablespoonfuls prepared cocoa
- 4 tablespoonfuls sugar

Scald the milk, mix the sugar and cocoa, and add enough boiling water to form a thin paste. Then add the hot milk, and allow it to come to a boil. Beat for a minute with egg beater. A little whipped cream will improve it.

### **Cuban Chocolate—Mrs. Percy Duvall**

Melt half a cake of Baker's chocolate in half a cup of water. Allow it to stay long enough on the fire to become thick and smooth.

Add when removed from the fire, sugar to sweeten it, half a cupful. Boil a quart of rich milk just to the boiling point. Add at that instant the melted chocolate and sugar, and stir until all is smooth. Add a small lump of butter and a half teaspoonful of vanilla. Serve HOT with a spoonful of whipped cream on top of each cup.

### **Iced Coffee—Mrs. Percy Duvall**

In serving this as a drink, have as large pieces of ice in the tall glasses as can be had. Sweeten the coffee before it is poured over the ice, when it is hot. Place a spoonful of whipped cream on the top of each glass.



**Fruit Lemonade—Mrs. Percy Duvall**

The juice of 2 dozen lemons. The rinds covered with water, and allowed to steep for half an hour, when this "tea" is added to the lemon juice. One pineapple, cut in thin slices, and then each slice in four pieces. One quart of large ripe strawberries, 2 quarts of water, and 2 bottles of seltzer water.

Serve in glasses half filled with crushed ice, and be sure to have a strawberry and a bit of pineapple in each glass.

**Pineapple Punch—Mrs. J. V. Wyvil, Jr.**

One can pineapple, put through a food grinder, juice of 12 oranges, juice of 6 lemons.

Boil sugar and water to a syrup to sweeten. It is impossible to give exact quantity of sugar, as some fruit is more acid than usual. This will take about two pounds.

**BREAD****Potato Rolls—Miss Alice D. Duvall**

- 1 cup of very soft mashed potatoes
- 1 large tablespoonful of flour
- 2 eggs well beaten
- $\frac{1}{2}$  cup sugar

1 cake yeast, dissolved in a little warm milk  
Beat well together and let it rise until very light. When the sponge is light, work in it one-



half cup butter and flour enough to make a firm dough, like bread dough. Let this rise until it is double its bulk, then roll out on the bread board and cut out with a biscuit cutter. Let rise fifteen minutes in a warm place, then bake in a quick oven.

### French Toast

Slice stale bread in rather thick slices, cutting off the crusts. Have a cupful of milk with an egg beaten in it, and when the fat in a frying pan is hot dip the bread in the milk and eggs then in the hot fat. The bread must not soak in the milk, simply be dipped quickly in it and the fat must be very hot. The result is delicious. Dust over the toast sugar and cinnamon and you have a good dessert.

### Nuts and Raisin Rolls—Mrs. Guy Gaither

- 2 $\frac{1}{2}$  cupfuls flour
- 1 tablespoonful sugar
- 4 tablespoonfuls baking powder
- $\frac{3}{4}$  teaspoonful salt
- 5 tablespoonfuls shortening
- 1 egg
- $\frac{2}{3}$  cupful milk

Sift the flour, baking powder, salt and sugar together. Add the melted shortening and beaten egg to the milk and then add to the dry ingredients, mixing well. Turn out on a floured board and knead lightly. Roll out very thin. Spread



with butter and sprinkle with raisins, chopped nuts and a small amount of sugar. Cut into four-inch squares, roll each one of these up as for a jelly roll. Press edges together and brush with the yolk of an egg mixed with cold water. Sprinkle with a little sugar and allow to stand in a greased pan about fifteen minutes. Bake in a moderate oven from 20 to 25 minutes.

### Beaten Biscuits—Miss Carrie J. Harrison

3 lbs flour  
1½ teaspoonfuls salt  
10 oz. lard

Mix together and wet with one pint of cold water. Beat twenty minutes or more until the dough is smooth and elastic. Form into small biscuits and bake in a very hot oven. This quantity makes six and a half dozen.

### Waffles—Mrs. Fred Binger

2 cups flour  
1½ cups milk  
½ teaspoonful salt  
2 eggs  
2 tablespoonfuls melted butter  
2 teaspoonfuls baking powder

### Potato Biscuit—Miss Nellie Pumphrey

Into one cup of hot mashed potatoes, beat one teaspoonful of lard. Add:

2 scant cups of sugar  
2 beaten eggs



$\frac{1}{2}$  cake compressed yeast (dissolved)

1 cup warm sweet milk

Stir into this enough flour to make a soft sponge. Set to raise four hours (or over night), then add one teaspoonful salt, enough flour to make a very soft dough. Let raise two hours, roll out on the bread board one-inch thick and cut with biscuit cutter. Stand in a greased pan for two or three hours. Bake in a quick oven. These are to be eaten very hot, and immediately they come from the oven. This quantity makes about thirty large biscuits.

### **Parker House Rolls—Mrs. J. Dom. Bowling**

1 cake Fleischman's yeast

1 pt. milk, scalded and cooled

2 tablespoonfuls sugar

4 tablespoonfuls lard or butter, melted

3 pts. sifted flour

1 teaspoonful salt

Dissolve yeast and sugar in lukewarm milk, add lard and half the flour. Beat until smooth. Cover, and let raise one hour, or if the weather is cold until twice its bulk. Then add remaining flour and knead well. Let raise again until double its bulk. Roll out a quarter of an inch thick, brush over with melted butter or lard, cut with a two-inch biscuit cutter, crease through the center by pressing with the back of a table knife, fold one side over the other like a pocket-book, place in greased pan, not touching, but about an inch apart. Let rise until light, about three-quarters of an hour. Bake in a hot oven ten minutes.



**Soft Corn Bread—Mrs. J. Dom. Bowling**

Scald with boiling water one quart of corn meal to the consistency of mush. Allow it to cool until "milk" warm, then mix in 2 eggs, lard, size of an egg, 2 teaspoonfuls baking powder.

Bake in a hot oven.

**Yeast Powder Biscuits—Mrs. Charles Duvall**

- 1 pt. flour
- 2 teaspoonfuls yeast powder
- 1 teaspoonful salt
- 2 tablespoonfuls lard

Sift flour, yeast powder and salt together, add the lard, mixing it thoroughly with the flour. Roll out on pastry board, having the dough about a half-inch thick. Bake in a quick oven about ten minutes.

**Light Bread—Mrs. Wm. Beall**

- 3 qts. flour
- 4 $\frac{1}{2}$  teaspoonfuls salt
- 1 tablespoonful lard
- 3 big pinches of sugar
- 1 $\frac{1}{4}$  pints yeast

Mix with lukewarm water until stiff enough to knead. Let raise until light, then knead again and allow to raise a second time. Form into loaves, allow them to raise until light and bake in a moderately warm oven for one hour.



**Yeast—Mrs. Wm. Beall**

Take three medium sized potatoes, two quarts of water and boil until the potatoes are soft, mash potatoes very fine and put back into the water, add one cup sugar, one-half cup salt, allow this to stand until milk warm, then add one yeast cake.

Let this rise, then put away in a stone jug and tie something over the opening to keep the dust out. If you use a cork do not let it fit too closely.

**Dower House Corn Muffins****Also Known as Egg Bread****Mrs. Percy Duvall**

- 1 teaspoonful salt
- 1 cup corn meal
- 2 eggs, beaten separately
- 1 cup boiling milk
- 1 tablespoonful lard

The lard should be melted in the muffin pans and must be poured boiling hot in the batter the last thing before filling the pans.

*Directions for Mixing*

Sift cornmeal and salt in a bowl plenty large enough to give room for mixing. Scald meal with the boiling milk, it must be boiling HARD at the time it is poured over the meal. Use a wire egg beater to mix the milk and meal, so as to save every bit of time possible. Add the eggs, the yolks first, the whites stiffly beaten next. Pour the hot melted



fat in the bowl of batter and fold it in with as little beating as possible. Fill the hot muffin pans, which should be so hot they sizzle when the batter is poured in them. Bake in a hot oven for about twenty minutes. They should be brown and crisp on the edges and soft in the center. The secret of all corn bread is to keep it at boiling point until it is in the oven. Have everything ready before you scald the meal. This recipe is based on country ground meal. The commercial meal is drier than the country ground meal, and may need a little more milk, or boiling water can be added just as well.

### **Dower House Mush Bread—Mrs. Percy Duvall**

To each cup of meal one cup of boiling water or milk and water, or all milk, and one teaspoonful salt, one tablespoonful, or more if you wish, of fat, MELTED in the pan in which the mush bread is to be baked.

#### *Directions for Mixing*

Scald the meal and salt with the milk, or water, BUT it MUST BE BOILING HARD when it is poured over the meal and salt. Use a wire egg beater to mix as it lets almost no air into the hot mush and so does not cool the mass, which must be kept as hot as possible. Have the fat melted in the pan in which the bread is to be baked and pour in the batter. Bake for fifteen or twenty minutes. It is best not to have the batter more than three-quarters of an inch deep in the pan.

Do not use soda or baking powder in corn bread, it is never necessary. All that is necessary is for



everything to be ready before you begin to MIX the bread, and to KEEP the ingredients at boiling point from the time they are mixed until the pan is placed in the oven.

### **Currant Buns—Mrs. Percy Duvall**

Make a good rich biscuit dough. Roll it out to an inch thickness. Dot it over with small bits of butter or fat and sprinkle over this sugar in which is mixed a little cinnamon. Over this sprinkle currants, previously washed, and then carefully ROLL the dough until it is one large roll. With the rolling pin roll this flat, about half an inch thick, and cut with a biscuit cutter, just as for biscuits. Brush over the top with melted butter. Bake in a hot oven. Serve very HOT.

### **Yeast Powder Biscuits—Mrs. Charles Duvall**

- 1 pint flour
- 2 teaspoonfuls yeast powder
- 1 teaspoonful salt
- 2 tablespoonfuls lard

Sift flour, yeast powder and salt together. Add the lard, mixing it thoroughly with the flour, using a fork. Roll out on a board, having the dough about one-half an inch thick. Bake in a quick oven about ten minutes.

### **Pop Overs—Mrs. R. Irving Bowie**

- 3 eggs well beaten
- 3 cups flour, sifted twice
- 3½ cups sweet milk



- 1 tablespoonful melted butter
- 2 tablespoonfuls cold water
- 1 saltspoonful salt

This batter must be very thin. Half an hour is required for baking, beginning with a moderately hot oven and increasing the heat. Be sure not to bake too fast. Serve a few at a time, very hot.

### **Dixie Biscuits—Miss Anna Brooke**

- 3 pts. flour
- 1 cup milk
- 1 cup yeast
- 2 eggs
- 2 tablespoons lard
- salt
- a little sugar

Mix and let it rise as you would light bread. In the morning roll out and cut, let rise again and bake for twenty minutes. Do not knead night or morning.

## **CANDY**

### **Chocolate Fudge—Mrs. Guy Gaither**

- 2 cupfuls sugar
- 1 cupful water or milk
- 1½ or 2 squares chocolate
- 1 teaspoonful butter
- 1 teaspoonful vanilla

Boil first three ingredients together slowly, until they form a soft ball when dropped in cold water. Do not stir the fudge after taking it from the fire, but add the butter and allow it to cool.



It must be cooled in the center as well as on the edges. When cool, add vanilla and beat with a wooden spoon. It will be inclined to be sticky, but it must be beaten past that stage. If it becomes too heavy and is still sticky, add half a teaspoonful warm water. Good fudge requires a great deal of beating, the longer it is beaten the better it is. This recipe if carried out will give a fudge that melts in the mouth.

### **Candy—Mrs. Stallings**

Take any quantity of fresh slightly salted butter, mix XXXX sugar with it until it is stiff enough to mould. Flavor with vanilla, or flavor a part with vanilla and a part with extract of bitter almond. The part flavored with vanilla can be formed into small balls and dipped in unsweetened chocolate, or if this bitter chocolate is not liked, buy the sweetened Baker's chocolate, called Dot chocolate, and melt. Nut kernels may be added to the outsides of these candies, giving variety. The part flavored with bitter almond, may be filled with chopped almonds, raisins and the little balls, be pushed inside of dates, in the seed space.

### **Cocoanut Fudge—Mrs. Fred Binger**

- 2 cups brown sugar
- $\frac{1}{2}$  cup milk
- 1 tablespoonful butter
- $\frac{1}{2}$  teaspoonful orange, or vanilla extract
- 1 cup cocoanut

Add flavoring and cocoanut after taking from the fire.



**Sea Foam Fudge—Mrs. Fred Binger**

Two cups brown sugar, enough water to cover. Boil until it forms a soft ball when dropped in cold water. Have the stiffly beaten white of an egg. Pour the boiling sugar over the white of egg, stirring constantly, and beat until quite stiff.

**Walnut Candy—Mrs. R. F. West**

To every cup of walnut kernels, take one cup of brown sugar, one cup of white sugar, and a piece of butter the size of a walnut, half a cup of sweet cream, a pinch of salt. Boil until it is hard when dropped in cold water. Add the nut kernels just before taking from the fire. Pour in a buttered dish and cut into pieces as soon as cool.

**Cocoanut Candy**

Two pounds of sugar, moistened with the milk from the cocoanut. Boil until it threads from the spoon. Add the grated cocoanut and cook five minutes longer. Remove from the fire and beat until it has become hard enough to drop on paper. Flavor according to taste.

**Fruit Candy—Mrs. Percy Duvall**

Grind together in a meat grinder:

- 1 lb. fine raisins
- 1 lb. dates, stoned carefully
- 1 lb. figs, cut in strips, to grind easier
- 1 lb. almonds, blanched
- 1 lb. walnut kernels
- 1 lb. cocoanut, grated



Form into balls and roll in powdered sugar. These candies keep for weeks if carefully locked up, and are healthy. They are much cheaper than the bought candies and at Christmas time the eating of these and similar candies does no harm.

### **Chocolate Caramels—Mrs. Percy Duvall**

2 lbs. brown sugar  
1 lb. white sugar  
1 cup cream

Boil until a soft ball is formed when dropped in cold water then draw to the side of the range and add one cake of Baker's chocolate and half a cup of butter. Allow the chocolate to melt and then stir it in the mixture. Remove from the fire and add two tablespoonfuls FLOUR, stirring it in the hot candy with a wire egg beater to prevent lumping, add vanilla to taste and half a teaspoonful cream of tartar. Beat until cool, when it may be turned into a buttered pan. Cut in squares. The addition of the flour is the reason this caramel keeps fresh for an indefinite time. Nuts may be added, if desired.

### **Chocolate Fudge—Mrs. Percy Duvall**

$\frac{1}{2}$  cake chocolate  
2 cups sugar  
 $\frac{1}{2}$  cup cream

Boil till it drops a soft ball in cold water. Remove from the fire and add one pound of marshmallow candies and one pound of pitted and chopped dates. Beat till cool and all signs of the marshmallows have melted. Cut in squares.



**Chocolate Caramel—Mrs. J. V. Wyvill, Jr.**

- 2 cups granulated sugar
- 3 squares Baker's chocolate
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  cup white Karo syrup

Cook over a slow fire, stirring constantly until all this is dissolved, then move it to the front of the range and boil until a few drops dropped on a marble slab or plate, will roll a soft ball. Remove from the fire, add butter size of a walnut and one teaspoonful vanilla. Let stand five minutes and then beat ten or fifteen minutes.